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# Springwater NEWS

Edition 646 - March 2, 2023 Serving Springwater & Tiny Townships and surrounding areas

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## What a Day in the Town of Penetanguishene



February 18, 2023 - Submitted by Jeffery Lees

The success of Winterama doesn't happen without the support of the community - committed volunteers, residents, businesses, organizations, amazing service clubs & visitors. Thank you to all of you who fall in one or more of these many categories. That said, where it all begins, is with the steadfast dedication, ingenuity & professionalism of our municipal staff. Today was yet another display of why #teamPenetanguishene is competitive & successful in any setting. The months and months of planning - comradery, teamwork & keen desire to see that all visitors have smiles on their faces on game day. Staff in every single department across the organization play integral roles, and the strong leadership of Sherry Desjardins & Marla Bailey in the Recreation & Community Services department continues to be pivotal to the event's success.

Well done EVERYONE.

## Fun Times at the 51st Minesing Mini-Fest



February 27, 2023 - Submitted by Wanda Maw-Chapman

On behalf of the Minesing Community Recreation Association (CRA) we would like to thank each and everyone of you who came out to our 51st Minesing Mini-Fest.

Congratulations to our Citizen of the year 'Dale Giffen' and Youth of the year 'Nate Vieira'. Well deserved.

Brad Thompson (Ward 3 Councillor) & Doug Shipley (MP) helped with pancakes and their kind works for both Citizen and Youth. All the bowlers and euchre players came out to have some community fun. Thank you to Janine Peck for donating the sandwiches, squares and donuts.

We had a full house at the pancake breakfast, and served over 132 people. Congratulations to the kids who participated in the bookmark and colouring contest. Thank you to the Springwater Library who looked after the bookmark contest. Congratulations to the winner of the Chili cook-off 'Kate Sluzar'.

Congratulations to all who won from the penny raffle. A special thank you to all our sponsors for your donations: Alair Springwater, Wasaga Paintball, Priest Plumbing (Adam Priest), Wasaga Beach Brewing, Sexton's Mechanical,



Heather Whitcombe, Evolution of Wellness, Snow Valley Resort Barrie, BMR Pro Elmvale (Jamie Jacobs), Barrie Colts, Orr Lake Golf Course, Cicco's, GPS Services (Greg Priest), Georgian Waste Management, RYSA Promotions, Fleming Electric (Kevin Fleming), Evan Bates, and 51st Minesing Minifest parade

Barb Maw organized the bowling and Alisha Hogan-Tanner organized the euchre. Great job was done by both.

Gary Chalmers was our chauffeur again for the parade. Thank you to all our parade participants and to the Springwater Fire Department for leading our parade. Swampy for put a smile on the kids faces than in turn put a smile on all of our faces.

The Magician kept the kids entertained with the many tricks performed. Thank you to Dave, our security, for keeping things under control.

Camilla Jean & Jessica Reid were the bartenders on Saturday night, and Bob helped with the bar on Saturday. County Line 2.0 got everyone's dancing shoes on and kept the dance floor moving A big thank you to all of the students who put in for their Community Hours.

To top it all off we had beautiful weather!! A special thank you for the members of the CRA for their dedication, who put time and hardwork in to make this happen.



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## EDITOR'S NOTES

by Linda Belcourt, Publisher, Editor, Owner

I want to take a moment to thank all my contributors for making this paper a true community paper.

Thanks to Patrick Townes for contributing over the many years as the Springwater News sports reporter. He took over from his father, Mike Townes, a former reporter of the Springwater News. He has done a fabulous job and although he cannot continue the work because of his busy schedule, I really want to extend my appreciation for all the work you have done – thank you!

Another note of thanks goes to Dominika Zapolnik, Springwater News' newest reporter. She completed her bachelor's degree in journalism from Toronto Metropolitan University (Ryerson University) and recently completed her master's degree in professional communication from Royal Roads University. She started out her career writing for the Caledon Enterprise and reporting for CTV News in Lethbridge, Alberta and now works in the not-for-profit sector. We are very lucky to have such a great resource in our community – thank you!

In this edition there are articles and pictures of our community coming together during this ever-changing weather. It is heart-warming to see the great success of community events and I look forward to including even more in future editions. Please send me a note if you have an event coming up. I'd love to share it with the community.

Our world is fast becoming dependant on digital

technology. Many festivals, including the Sweetwater Festival in Midland is only accepting online ticket purchases, Toronto sports events require a cell phone or internet to purchase tickets for a game, internet banking requires two step authentication which sends a code to your cell phone, airlines require a cell phone with a bar code, CRA assessment is accessible through the internet, and even proof of COVID vaccinations required the internet and a printer. The list goes on.

What we are missing is that we have an aging population in Canada. In Springwater, 16.8% of residents are 65 years of age and older. Grant it, some have adapted to digital technologies, but many seniors prefer more traditional forms of communication. What about the residents that cannot afford to access digital technologies? Where are AODA accessibility laws to protect people that can't afford or do not have the ability to learn this 'new language'. Our libraries have services to assist with internet but how do they travel to get there? Many readers of this paper drive, phone in or mail in items to be placed in this paper. I have received many thanks from readers for the community updates, as they tell me they do not have any other means of obtaining it. My goal is to continue to be accessible to all residents and strive to keep the paper in print to serve this community. Read on and enjoy the crispness of the paper as you turn the pages.

## Springwater Council Finalized 2023 Budget With a 3.91 Percent Tax Increase

By Dominika Zapolnik, Springwater News Reporter  
February 28, 2023 - After many drafts, presentations, discussions with staff and council deliberation, Township of Springwater council ratified the 2023 budget at its Feb. 15 meeting with a 3.91 per cent tax increase for this year.

This translates into an increase of \$161.96 per year (\$13.50 per month) over 2022 levels for a home in Springwater assessed at \$493,000.

This blended tax rate increase includes a 3.5 per cent County of Simcoe tax increase and no increase in education taxes. The water and wastewater rate increases are 2 and 5 per cent respectively this year for residents using these services.

The 2023 Township of Springwater budget totals \$50.1 million. The 2023 budget is comprised of \$23.4 million in operating expenses, \$21.2 million in capital expenditures, \$3 million in water operations and \$2.5 million for wastewater operations.

For every tax dollar, 49 cents is retained by the Township of Springwater which includes policing, 33 cents goes to the County of Simcoe, and 18 cents goes towards education.

In response to a question sent to all members of council asking for their thoughts on the final budget, Coun. Brad Thompson responded stating that throughout the budget process he was "... impressed with staff and their patience with the new council" adding that although he didn't like to see tax increases "... infrastructure has been under funded (and) hopefully this new budget will help us get back on track." He commended township staff stating that he has found them to be "... educated, well trained and forward thinking" and that overall, he was happy

with the end result.


The draft 2023 budget was presented by township staff to council on Jan. 16 and proposed a 3.52 per cent blended tax rate increase. During first-draft budget deliberation on Jan. 20 council voted to eliminate a Community Engagement/Communications Officer position, defer renovations to the Elmvale branch of the Springwater Library to the 2024 budget, but include needed maintenance in the 2023 budget, and increase council discretionary budgets to \$7,500. After this meeting the tax rate increase went up to 3.86 per cent.

During the Feb. 2 budget deliberation meeting, council voted to adjust the proposed \$7,500 council discretionary budget to \$5,000 for each member of council per year, add \$33,200 for a seasonal position to support the Springwater Farmer's Market, and update the Hillsdale Pavilion by painting a pickleball court and adding a permanent basketball net with \$2,000 funded through taxation. After deliberations at this meeting, the tax rate increased to 3.91 per cent.

In addition to ratifying the budget, council provided the following community updates during the meeting:

Coun. Thompson thanked the Minesing CRA for their efforts to organize Minesing Mini-Fest, which is the community's annual winter carnival. He also recognized citizen of the year, Dale Giffen and youth of the year, Nate Vieira.

Coun. Garwood extended thanks to those that attended the first meeting of the Elmvale CRA and invited more community residents to get involved. He also thanked the Wycliffe Anglican Church in Elmvale (which has been closed for a number of years) for its donation of a piano to the community



## Springwater News

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**18,650 are delivered by Canada Post to:**

- 760** in the Utopia/Grenfel area L0L 1B0 and L0L 1B2
- 3050** in the Barrie City/Rural area
- 4250** in South Springwater Township
- 130** to the new boxes in Minesing / Anten Mills
- 640** in Phelpston L0L 2K0
- 650** in Hillsdale including the Rural Routes L0L 1V0
- 2550** in Elmvale including the former R R# 1, 2 & 3 L0L 1P0 which includes Orr Lake, Waverley and some Tiny Beaches Road areas
- 265** in the Wyebridge area L0K 2E0
- 975** in Wyevalle L0L 2T0 including Conc. 8 and some TBRS areas,
- 1325** in Perkinsfield including Balm Beach to Whippoorwill
- 1100** in R.R.# 1, L4R 4K3 (775) & 2, L4R 4K4 (300) areas of Midland which includes Vasey, Ebenezer and the area North-West of Wyebridge
- 2900** in Northern Tiny including SS 3, 5, 6, 7 & 8 of Rural Penetanguishene (Postal Codes L9M -1R2, -1R3 & -2H7)

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hall in Elmvale as well as Brown's Moving and Storage and Coun. Fisher for volunteering to move it to its current location. Garwood also mentioned that work on the welcome to Elmvale digital sign is set to be completed by the end of February.

Deputy Mayor Cabral welcomed Rumi's Resto and Chocolate Bar to its Queen Street location in Elmvale and encouraged "... anybody who wants to give it a try to come out," adding that it has a very friendly atmosphere and "a fairly extensive menu."

A schedule of future council meetings and links to agendas and recordings can be viewed through the township calendar.

## LETTERS TO THE EDITOR

**Letter to the editor – February 22, 2023 - Ontario  
Re: ODSP increase in income cap misses the mark for amputees**

Earlier this month, the Ontario government touted a win when it announced that recipients of the Ontario Disability Support Program (ODSP) could now earn more money from working, without their ODSP support being affected. But for Ontarians with the most severe disabilities, including amputees, it's status quo amidst the skyrocketing cost of living.

What the government misses completely is that amputees receiving ODSP simply cannot work – let alone work more – without the artificial arms or legs needed for basic tasks such as walking, dressing or holding objects. Thanks to outdated funding models from the Ontario government, these crucial artificial limbs are often impossible to afford for ODSP recipients, leaving amputees literally without a leg to stand on.

As a first step to alleviate this double whammy against amputees, ODSP must be increased to be on par with other provinces. At a maximum of \$1,228 per month, Ontario lags behind Quebec (\$1,463), BC (\$1,358) and Alberta (\$1,685). Better still, the government must recognize that this amount is well below the poverty line and provide a living wage to all persons with disabilities and increased coverage for artificial limbs – it's the least we owe to Ontario's most vulnerable and in need.

*Submitted by Annelise Petlock, Director of Advocacy for The War Amps Ontario*



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## Wye Marsh and Sainte-Marie Collaborate on Annual Sweetwater Harvest Festival

*February 13, 2023 - MIDLAND, ON:* The Wye Marsh Wildlife Centre's Sweetwater Harvest Festival – the non-profit's biggest fundraiser of the year – will be sweeter than ever this year thanks to a collaboration with neighbouring attraction Sainte-Marie among the Hurons.

"The Sweetwater Harvest Festival is one of the many great reasons to visit Simcoe County – a unique, family-friendly event that encourages connection with the nature and history of the region," said Neil Lumsden, Minister of Tourism, Culture and Sport. "This year, thanks to the Wye Marsh Wildlife Centre and Sainte-Marie among the Hurons, there are even more events and activities for visitors of all ages. I encourage everyone to come and enjoy the maple season fun while supporting artisans and boosting the local economy."

The festival, a beloved annual celebration of spring and all things maple syrup, will take place March 18, 19, 25 and 26 from 10 a.m. to 4 p.m. Family-friendly activities will be on tap at both sites, including sugar shack demonstrations, maple taffy, an artisan market, and take-home crafts for kids.

"The Sweetwater Harvest Festival offers everyone the opportunity to get outside, learn about maple syrup, and enjoy the early days of spring," says Kim Hacker, Executive Director, Wye Marsh Wildlife Centre. "Funds from this event help to ensure that the Wye Marsh can continue to deliver innovative conservation and nature programs all year round."

Collaboration is nothing new for the Wye Marsh and Sainte-Marie. The organizations have worked together to offer events in the past and continue to co-host education programs every year. But this is the first time the Sweetwater Harvest Festival will take place at both sites.

"The connection between the Wye Marsh and Sainte-Marie has always been strong," says Will Baird, General Manager, Huronia Historical Parks. "We're delighted to be working together in this new way to celebrate the region's natural and cultural heritage."

Activities at the Wye Marsh will include trekking through the sugar bush, sugar shack demonstrations, maple taffy on ice, roasting bannock on a stick, children's games, birds of prey demonstrations and, of course, opportunities to purchase locally-made maple syrup.

Sainte-Marie among the Hurons will host more than 20 artisans at the Sweetwater Arts and Crafts Market, historical canoe-making and basketry demonstrations, traditional Indigenous syrup-making demonstrations, as well as take-home crafts like corn husk dolls and clay okies.

Tickets for the Sweetwater Harvest Festival must be purchased in advance at [WyeMarsh.com/Sweetwater](http://WyeMarsh.com/Sweetwater). **Tickets available online only.**

The Wye Marsh Wildlife Centre and Sainte-Marie among the Hurons would like to thank the sponsors who helped to make this event possible: Midland Rotary, Windlee Farms, Telequip, Bourgeois Auto

Group, Quality Inn, Industrial Filter Manufacturing Inc., and Charles Morden Construction Inc.

Friends of Wye Marsh is a not-for-profit charitable organization taking care of 3,000 acres of provincially significant wetlands and federal forests in the Heart of Georgian Bay. This National Wildlife Area and recognized Important Bird Area (IBA) provides habitat for a number of significant species including provincially Threatened Least Bitterns, Species of Special Concern Black Terns, and the famous Trumpeter Swans. Wye Marsh is the perfect place to Escape - Explore - Experience the area's natural history as the site includes 25 km of all-season trails, a Birds of Prey field, and Visitors Centre!

Ontario's first European Community, Sainte-Marie among the Hurons was the headquarters for the French Jesuit Mission to the Huron-Wendat people. In 1639, the Jesuits, along with French lay workers, began construction of a fenced community that included workshops, residences, and a sheltered area for Indigenous visitors. It was abandoned and burned down in 1649. Thanks to extensive archaeological and historical research, Sainte-Marie is now recreated on its original site, where the mission's story is brought to life with costumed historical interpreters, events, education programs and more.

*Submitted by Heather Keery, Wye Marsh Special Events and Volunteer Coordinator*



Photo above: A historical interpreter at Sainte-Marie among the Hurons demonstrates how to make corn husk dolls.



Photo above: A family tastes sap at the 2022 Sweetwater Harvest Festival at the Wye Marsh Wildlife Centre



Photo above: A group of guests enjoys a syrup-making demonstration at the Wye Marsh sugar shack

## 75th Penetanguishene Winterama, "The Oldest Winter Carnival in the World"

*February 17, 2023-* Town of Penetanguishene hosted the 'oldest winter carnival in Ontario,' February 17th - 19th. A celebration of Canadian seasonality, Winterama is an opportunity to renew interest in outdoor activity; enhance community spirit and pride through people, partnerships, and products; share the heritage and culture of the



Photo above: Winner at 26.72 seconds!! Penetanguishene Fire, Ryan Lefaiwe & Dave Quesnelle.



Photo above: (L-R) Penetanguishene Winterama maskot Willie, with 6 year, Emmett and 4 year old, Emerson Lees.

community and welcome families, friends, and visitors alike in a winter celebration. The Traditional Log Sawing Competition sponsored by Ritchie Forest Products located in Elmvale.

*Source: // <https://www.penetanguishene.ca/recreation-and-culture/events/winterama/>  
All Photos submitted by Jeffery Lees*



Photo above: Mayor Rawson & Deputy Mayor La Rose



Photo above: Tiny Township - CAO Lamb & Councillor Wallma



Photo above: Elmvale's very own - Doug Kirton, Tim McGinnis and team looking after this inaugural component of Winterama...thank you!



Photo above: Penetanguishene Fire - Deputy Chief Genier strategizing



## Upcoming Meetings

**Special Council Meeting - Official Plan  
Statutory Public Meeting**  
Wednesday, March 8 at 6:30 p.m.

**Springwater Library Board**  
Tuesday, March 14 at 7:00 p.m.  
Virtual - for access, please email  
[info-library@springwater.ca](mailto:info-library@springwater.ca)

**Council Meeting**  
Wednesday, March 15 at 6:30 p.m.  
Township Administration Centre

**Elmvale BIA**  
Thursday, March 16 at 5:30 p.m.  
Virtual - for access, please email  
[info@elmvalebica.ca](mailto:info@elmvalebica.ca)

Council and Committee of Adjustment meetings are live streamed online at [springwater.ca/Live](http://springwater.ca/Live). To view the meeting agendas, please visit: [springwater.civicweb.net/Portal](http://springwater.civicweb.net/Portal)

## Seasonal Load Restrictions

The reduced load period in Springwater starts March 1 and ends April 30. By-law 2009-079 restricts loads on most Township roads to 5 tonnes per axle.

For more information about the reduced load period, please contact our Roads & Fleet department at 705-728-4784 x2012 or [roadsandfleet@springwater.ca](mailto:roadsandfleet@springwater.ca).

## Bid Opportunity

The Township is currently accepting bids for:

**Slide In Water Tank / Brine Applicator Unit**  
(2023-02-IOS)  
Closes: March 16, 2023

**Asphalt Patching**  
(2023-03-IOS)  
Closes: March 23, 2023

**Supply & Application of Corrosion  
Protection Product** (2023-05-IOS)  
Closes: March 27, 2023

**Micro-surfacing and Surface Treatment**  
(2023-09-IOS)  
Closes: March 28, 2023

**Concrete Sidewalk Maintenance**  
(2023-10-IOS)  
Closes: March 28, 2023

**Aggregate Crushing and Hauling**  
(2023-07-IOS)  
Closes: April 4, 2023

For details and to submit a bid, visit:  
[springwater.bidsandtenders.ca](http://springwater.bidsandtenders.ca)

## Public Notice - Township of Springwater Official Plan Pursuant to Section 17(17) of the Planning Act, R.S.O. 1990, as amended

**A Statutory Public Meeting will be held on March 8, 2023 at 6:30 p.m., in person at the Township Administration Centre and virtually on Zoom, to present a new Official Plan for the Township.**



### What is an Official Plan?

An Official Plan is a long-range planning document containing goals, objectives and policies to guide land use, development and growth in the municipality.

### Why is a new Official Plan being prepared?

The Township's current Official Plan was adopted in 1997 and has been amended more than sixty times. The new Official Plan will ensure the Township's planning policies conform with current Provincial policies and the County of Simcoe Official Plan.

### We want to hear from you!

Get involved! You can provide input in several ways:

#### 1. Reviewing Official Plan Materials

You can review the draft Official Plan by visiting [www.springwater.ca/OPR](http://www.springwater.ca/OPR)

#### 2. Provide Written Comments

Written comments about the Official Plan may be submitted via post or email. Please allow time for your comments to be received in advance of the meeting:  
[publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca) or Township of Springwater

Attn: Planning Department  
2231 Nursery Road  
Minesing, ON L9X 1A8

#### 3. Participate at the Statutory Public Meeting

Wednesday March 8, 2023 at 6:30 p.m.

In person at the Township Administration Centre and virtually via Zoom (meeting ID: 894 9591 5553)

Oral Submission Registration Deadline: Tuesday, March 7, 2023 at 4:30 p.m.

*To make an oral submission, please contact the Planning Department prior to the registration deadline at: [publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca) or 705-728-4784 Ext. 2019*

#### 4. Staying Informed

If you wish to be notified of the decision of Springwater Council on the proposed Official Plan, you must make a written request to the municipality via email or letter.

If a person or public body would otherwise have an ability to appeal the decision of Springwater Council to the Ontario Land Tribunal (OLT), but the person or public body does not make oral submissions at a public meeting or make written submissions to the Township prior to the proposed official plan being adopted, the person or public body is not entitled to appeal the decision.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Township of Springwater before the proposed Official Plan is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Land Tribunal (OLT) unless, in the opinion of the Tribunal, there are reasonable grounds to add the person or public body as a party.

For more information on this matter, including information about appeal rights, visit [www.springwater.ca/OPR](http://www.springwater.ca/OPR) or contact the Planning Department by email at [publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca); by phone at 705-728-4784 Ext. 2019; or in person at the Township Administration Centre, 2231 Nursery Road, Minesing, Ontario.

## Career Opportunities

The Township of Springwater is recruiting:

**Deputy Chief Building Official**  
Closes: Friday, March 17, 2023

For job descriptions and details please visit: [www.springwater.ca/careers](http://www.springwater.ca/careers)

# Summer Camps



**Registration opens April 3**

Camps will be available for viewing on  
March 27 at [springwater.ca/camps](http://springwater.ca/camps)





## Springwater Council Approves Budget

*Township of Springwater / February 16, 2023*  
– Springwater Council officially adopted the Township's 2023/24 Budget & Business Plan at a meeting held on February 15.

The Township's 2023 Budget was approved with a 5.65% net tax increase over 2022 rates. When combined with the County of Simcoe approved tax increase of 3.5% and the education rate which has remained neutral, residents can expect to see a 3.91% blended tax increase on their 2023 tax bill.

For an average home in Springwater assessed at \$493,000, the approved blended rate amounts to a \$161.96 increase over 2022 levels, or \$13.50 a month.

### For every tax dollar spent

- \$0.49 is retained by the Township of Springwater
- \$0.33 goes to the County of Simcoe; and
- \$0.18 goes towards Education.

Council also approved a 2% increase to water rates and a 5% increase to wastewater rates. For a typical Springwater home consuming 180 cubic metres of water annually, the water/wastewater bill will increase by \$57 annually, or \$4.75 a month.

New this year, was the introduction of a multi-year budget. Council approved the 2023 Budget and approved the 2024 budget 'in principle'. Council will have a chance to review and officially adopt the 2024 budget during deliberations anticipated to occur later this year. The introduction of a multi-year budget provides an opportunity for staff to provide a longer-range operating perspective.

The budget includes gross expenditures of \$50.1 million comprised of \$23.4 million in tax supported operating expenses, \$21.2 million in capital expenses, \$3.0 million for water operations and \$2.5 million for wastewater operations.

The 2023 Budget includes a \$7.7 million investment in Springwater Fire Station 2, which will be located at the corner of Bayfield Street North and Snow Valley Road, as part of the new Community Hub project. Additionally, residents can expect to see road, traffic and infrastructure improvements throughout the Township and will receive the same or improved levels of service with respect to fire and emergency services, winter road maintenance, libraries, planning, building services, recreation and by-law enforcement.

Since 2016, the operating budget has included 1% to support capital infrastructure. This year, staff recommended an additional 1% to reduce the infrastructure gap identified in the Township's 2022 Asset Management Plan. Council brought forward and approved a motion to amend the increase to 2%, for an overall 3% contribution to reserves. These funds will be dedicated to the future replacement of roads, bridges, fleet, facilities and parks.

"This budget continues to move the municipality forward by ensuring service levels are sustained or enhanced, infrastructure is being maintained and we are preparing for the growth that we are currently experiencing and will continue to see over the coming years," says Mayor Jennifer Coughlin. "This budget provides staff with the resources they need to do their jobs effectively; whether it be through the approval of new positions or by providing them with new equipment and tools to make their jobs more efficient."

To learn more about Springwater's Budget, please visit [springwater.ca/Budget](http://springwater.ca/Budget)

## COUNCIL CONNECTS

### Minesing Mini-Fest



After a two-year hiatus, Minesing Mini-Fest returned with a bang on February 10 & 11! The weekend was filled with community awards, great food, fun events and neighbours celebrating together. Congratulations to the Minesing Citizen of the Year, Dale Giffen and Youth of the Year, Nate Vieira. A special thank you to the Minesing Community Recreation Association and all the volunteers for organizing this year's event and contributing to our community.

### Penetanguishene Winterama Log-Sawing



On Saturday February 18th, Councillor Fisher and Councillor Garwood represented the Township of Springwater at the Penetanguishene Winterama Traditional Log Sawing Competition. Of the 18 teams, Team Springwater placed 6th overall and 2nd amongst neighbouring municipalities.

Thank you to the Town of Penetanguishene for hosting and organizing the event, as well as the Springwater residents who assisted with the competition.

### Elmvale Community Recreation Association Revitalized



On February 21, 2023, the inaugural meeting of the revitalized Elmvale Community Recreation Association (CRA) was held in the Springwater Room at the Elmvale Arena. The first meeting was a success, with 13 people attending, ready to discuss how this new group could make a difference within the Elmvale community. The Elmvale CRA is open to anyone who is interested, the next monthly meeting is scheduled for Thursday March 23 at 7:00 pm in the Springwater Room.

### Golden Oak Times



Extra, extra, read all about it! Mayor Coughlin completed an interview with one of our communities' youngest reporters. Ten-year old Henry has created his own neighbourhood newspaper called the Golden Oak Times. Henry reached out to Mayor Coughlin to complete an in-person interview at the Administration Centre so he could learn more about the Mayor's role and the projects that are underway in the Township.

Currently, the Golden Oak Times is exclusively available in print to Henry's Midhurst neighbours; however virtual copies may be requested by email at [thegoldenoaktimes@gmail.com](mailto:thegoldenoaktimes@gmail.com).

Submitted by Nicole Audette, Communications Officer, Township of Springwater, February 28, 2023

## TOWNSHIP OF SPRINGWATER COUNCIL MEMBERS

**Jennifer Coughlin: Mayor**  
**George Cabral: Deputy Mayor**

**Matt Garwood: Councillor Ward 1**  
**Danielle Alexander: Councillor Ward 2**  
**Brad Thompson: Councillor Ward 3**  
**Anita Moore: Councillor Ward 4**  
**Phil Fisher: Councillor Ward 5**

To Contact:

<https://www.springwater.ca/en/township-hall/mayor-and-council.aspx>

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## Sports with Patrick Townes

The NHL playoffs are approaching as over half the season is over now, and what is unique about this season and some of the past seasons, is that the Toronto Maple Leafs have known who their opponent will be from the 30-game mark. A lot of discussion has been had regarding the NHL playoff system, utilizing the internal divisions and the wildcard spots. There is less pressure on teams fighting for match ups in the playoffs, and it takes the excitement out of the regular season because teams are now just preparing for round one of playoffs. The format should go back to the normal 1st place vs 8th seed, etc., in each of the conferences. This was always exciting when an 8th place team gave a 1st place team a run for their money, and you have a better variation of teams matching off against each other in the first round.

At this point, the Boston Bruins look very, very, tough to beat in the east. The Maple Leafs added some depth players they needed upfront for a playoff run, and now the same old song; they are one legitimate defence man away from being a true cup contender. You could see what Shea Weber meant to Montreal when they made their run to the cup finals before being defeated by the Tampa Bay Lightning. The playoffs are not comparable whatsoever to the regular season, and it, of course, is those teams who have character players and role players who succeed. Many players make their mark in the playoffs and then sign major contracts in the following years, but they do not seem to have the same success during the 82-game season as they do in tightly matched playoff series when everything is on the line and the refereeing takes a 180 degree turn putting the whistle away. Players like Nylander do great during the regular season, but do not put any judgement on a terrific season until he faces off the against a tough Lightning team in the first round of the playoffs.

The Scotties is currently going on with Team Canada and Manitoba in the finals. The rink in British Columbia has been a quarter full for most of the games and that is extremely disappointing. Tournaments should be awarded based on past attendance, rather than the location itself. Curling

Canada passed a rule that affected curlers who were pregnant, and excluded every team beyond the top 5 teams for an exemption to replace a player from a different Province if a player is lost to a pregnancy. There needs to be more careful thought before rules are passed like this. After the rule was announced, social media exploded and they of course changed the rule to every team, yet they said it would start next season. So....again, social media exploded and the rule was changed for this year. Decision makers and rule makers in any sport or league need to consult with teams and players before announcing rule changes, especially ones you know are not correct.

Kevin Martin and Warren Hansen run a very successful podcast regarding curling and they are kind enough to answer emails and questions from fans throughout the year. I emailed them previously regarding the camera angle in curling. For grand slam events, they often show the camera angle from behind the sheet (from the end) in order to show the amount of curl when the rock goes down the ice. For whatever reason, the Scotties and I assume the upcoming Brier still show the overhead view of the sweepers as the rock goes through the centre portion of the sheet and then approaches the house. This camera view should simply be abolished. Often times the announcers will be saying look at this rock curl, or this one is getting close to the guard, and the viewing audience cannot even see the stones that are in play yet. The view from the end is sometimes shown as the replay and the announcers highlight the amount of curl or when the rock started to break. I equate the view from the top that only shows the two sweepers and the rock like watching a baseball fly through the air. The focus should be on the amount of curl and the view from the end of the sheet. Think critically about the camera angle for the next game you watch on television. Also, try turning the volume off and see how much of the game you actually do not see all the rocks in play. The view from the top is very odd.

Finally, a rule in baseball that makes sense – the pitch clock! And do not forget the batter clock. Spring training is underway and early reports are showing that games are being shortened by approximately 30 minutes from what I have seen so far. By keeping the batter and pitcher on a clock, it is giving the players less time to walk around the mound, to fiddle with their equipment and jewellery, and to think about

what they look like on television. This was taken from ESPN.com. Pitch clock - The new rule: Pitchers will have 15 seconds to throw a pitch with the bases empty and 20 seconds with a runner on base. Hitters will need to be in the batter's box with 8 seconds on the pitch clock. How it will be enforced: If a pitcher has not started "the motion to deliver a pitch" before the expiration of the clock, he will be charged with a ball. If a batter delays entering the box, he will be charged with a strike. Each stadium will have two clocks located behind home plate on either side of the umpire while two more will be required in the outfield on either side of the batter's eye. Spring stadiums may only have one clock in the outfield but will otherwise be fitted to the exact parameters as the MLB ones. Each umpire will be equipped with technology which will inform them when the pitch clock has expired. And for the first time, umpires will also have the ability to speak with each other via communication devices without having to meet in the middle of the infield. What they're trying to change: The average time of a nine-inning major league game in 2022 was 3 hours, 4 minutes, which is actually a six-minute decline from 2021's all-time high -- but the time of game has been rising consistently since first crossing the three-hour mark in 2014.

Other rule changes include banning the shift and including larger bases. It is crazy to think even why a rule like controlling where fielders play is required. Today's hitter shows no willingness to adjust their swing or hit the ball to the opposite field, so the fielders react to this and load up the one side of the diamond. This does hurt baseball by limiting hits. But if the players could just adjust, the shift would banish without a need for a rule change. I wonder what base stealers think of the larger bases – are you technically not now closer to the bag? Seems odd, but safety first, as in most rule changes in baseball.

**It has been a great ride for me since taking over this newspaper article following my dad's retirement, but things are getting busy in life and I will be taking a little break from writing the article. The next article will be my last for a little while and I truly do appreciate those who read and report on the article. As you probably noticed, the number of articles and content has been slowing down. Stay tuned.**

## A New Partnership For The Glenn Howard Charity Golf Classic



**Photo above: Tom Smith Chevrolet Buick GMC owners, Steve & Andrea Jacklin, have partnered with Glenn Howard to support the Glenn Howard Charity Golf Classic with an annual \$25,000 title sponsorship for five years, beginning with this year's event on Friday, July 14th at the Midland Golf & Country Club. From left: Andrea & Steve Jacklin, owners, Tom Smith Chevrolet Buick GMC; Glenn Howard, chair, Glenn Howard Charity Golf Classic; Victoria Evans, community giving officer and Nicole Kraftscik, executive director, GBGH Foundation; Mary Harvey, director, GBGH Foundation Board of Directors.**

February 21, 2023 - The Glenn Howard Charity Golf Classic will have a new title sponsor in 2023, and beyond. Tom Smith Chevrolet Buick GMC owners,

Steve & Andrea Jacklin, have partnered with Glenn Howard to support the tournament with an annual \$25,000 sponsorship for five years, beginning with this year's event on Friday, July 14th at the Midland Golf & Country Club.

"This commitment from Steve & Andrea to support our tournament as the title sponsor is just awesome," says Glenn Howard, chair, Glenn Howard Charity Golf Classic committee. "Our goal each year is to make as much money as we can for the hospital, and having an engaged, local partner will help us build

the tournament up even more. We have an amazing crew of golfers, sponsors and supporters who come out every year, and Steve & Andrea are a great addition to the event."

The Glenn Howard Charity Golf Classic is a prestigious golf tournament in support of the Georgian Bay General Hospital (GBGH) Foundation, with unique golfer gifts, Scotch-nosing on the course and the Par-Tee on the Green with Jamie Williams after dinner. The tournament has contributed more than \$650,000 to the Foundation since 2016, investing in equipment and technology for surgical expansion, automated medication packaging and sterilization equipment.

"Glenn and his committee put on an amazing event for GBGH each year," shares Steve Jacklin. "We are honoured to partner with Glenn and the GBGH Foundation to support our hospital, and contribute to this very successful event. We look forward to helping where we can to provide great value for the golfers and working together to make a big impact at GBGH."

Steve & Andrea Jacklin have owned the Tom Smith Chevrolet dealership since 2012, and are strong community supporters. They have contributed more than \$55,000 to the GBGH Foundation, supporting fundraising events and vital equipment purchases for the hospital.

"This partnership is bringing together two individuals who care deeply about our community and our hospital," says Nicole Kraftscik, executive director, GBGH Foundation. "Glenn & Steve have a common goal to raise awareness and funds for GBGH, to help equip our hospital for care today and into the future. We are excited to see how this collective vision elevates the success of this event."

For more information about the Glenn Howard Charity Golf Classic, visit <https://gbghf.ca/glenn-howard-charity-golf/>. To learn more about how you can host an event in support of the GBGH Foundation, contact Victoria Evans, Community Giving Officer ([evansv@gbgh.on.ca](mailto:evansv@gbgh.on.ca)).

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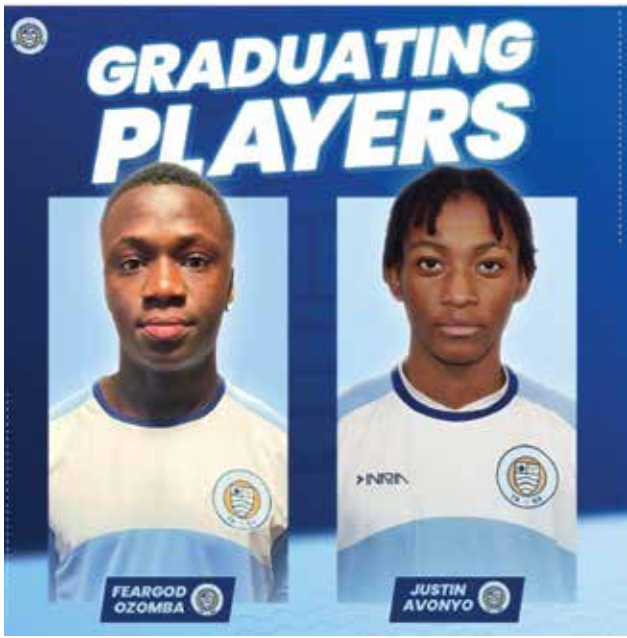
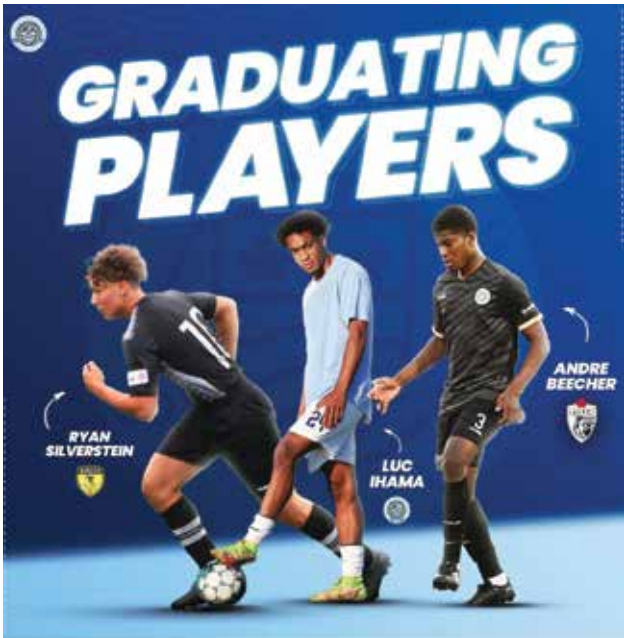
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Rovers Announce Local Players Graduating



Barrie ON Feb 22, 2023: Simcoe County Rovers FC are proud to announce five news players that will be joining the First Team in 2023. Ryan Silverstein, Andre Beecher, Luc Ihama, FearGod Ozomba and Justin Avonyo are joining the Rovers First Team permanently, after successful development periods at Rovers Reserve and Affiliate programs. Three of the five players are local Barrie residents.

Luc Ihama (2003) – Rovers Reserve Team | Barrie SC

From Barrie, Luc is a strong and talented Fullback/ Winger who played his entire youth career with Barrie SC. Rovers First Team staff closely followed the Barrie SC U21 team last year where Luc played a key role. He earned a call up to the First Team during the Team’s League1 Semi Final match. Luc will be a full time Rover in 2023.

FearGod Ozomba (2003) – Rovers Reserve Team | Barrie SC

Like his teammate Luc, FearGod played his youth football with Barrie and has been identified as a standout player by the Rovers staff at the U21 level. FearGod is a talented and creative winger who was called up to the first team last season and will be joining the Rovers First Team in 2023.

Justin Avonyo (2004) – Rovers Reserve Team | Barrie SC

Justin is a Barrie SC product who had the opportunity to play in the Spanish youth system prior to returning home during the 2022 season. A creative and technical player, Justin was introduced to the Rovers First Team by Barrie SC Technical Director Mark Crisante towards the end of the 2022 season.. He will be joining the Rovers First Team in 2023.

“We are very proud of these three talented young men who have worked hard to become great players and young men with good character off the field. We look forward to watching them continue evolve as they move into the highly regarded Simcoe County Rovers First Team.” Mark Cristante - Barrie Soccer Club Technical Director

Andre Beecher (2004) – Rovers Reserve Team | Athlete Institute FC

Andre is a strong Centre Back/Right Back who is one of many talented AIFC players the club has been able to push on to collegiate and professional levels over the last five years. Andre is a scholarship player at USPORTS powerhouse Cape Breton University and was called up to the Rovers First Team on multiple occasion during the 2022 season. This year Andre will be joining the Rovers First Team as full-

time member.

“I first became aware of Andre’s character and ability when I was the Club Head Coach of an OPDL program a few years ago. So, to have the opportunity to coach him in his next phase of football development is very exciting. I think he will get plenty of playing minutes and we look forward to having him with us on a full-time basis” Jason Beckford - Simcoe County Rovers FC Head Coach

Ryan Silverstein (2006) – Rovers Affiliate | Aurora FC

Ryan is a talented Winger who has played his entire youth football career with Aurora FC. He is regarded as one of the best players in his age group and has also been a part of the Ontario Provincial program. Ryan was invited to train with the Rovers last year as an underage player and will be joining the Rovers First Team in 2023.

“We are extremely proud of Ryan earning this opportunity to test himself at the next level. It’s been a pleasure to witness his hard work & dedication over the last 6 years. We look forward to following his journey with Simcoe County Rovers” Marco Ciampa – Aurora FC Assistant Technical Director

“This was exactly our vision when building the relationships with our youth partnerships” stated Ali Sozeri, Rovers Club General Manager. We wanted to bring a winning, high performance football team to Simcoe County to challenge for trophies while providing a complete pathway to local youth clubs and players that haven’t had this opportunity without having to relocate. We are very confident that this intake of local youth players will serve our First Team well, and we hope that this can inspire even more youth players from Simcoe County and surrounding areas to pursue their football dreams. The talent is there. We are committed to, and will continue to identify, develop, and provide a platform for our local players to reach their full potential A massive thank you to our partners Barrie SC, Athlete Institute FC and Aurora FC in providing top level youth development programs to local players.”

The Simcoe County Rovers FC started pre-season training February 14th and will play their first match of the season in mid-April. The full schedule will be released by League 1 in the near future.

For more information, please contact media@roversfc.ca Submitted by Director of Marketing & Digital Strategy, Simcoe County Rovers FC

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Across

- 1 Shoulder protection  
4 Touched a match to  
7 Oversupply  
11 Period  
12 Show  
13 “Where \_\_\_ you?”  
14 Bill that was passed  
15 Making psychedelic, in a way  
17 Contour  
19 Prefix with profit  
20 Put into law  
22 Massage locale  
25 Duration  
28 Comparable  
29 Precipitation type  
30 Lift  
32 Wind up  
33 Veranda  
34 Winnie-the-Pooh’s gloomy friend  
35 Abnormally active  
39 Compound found in vitamin B complex  
43 Goes with Ventura  
44 Wrote, “The Human Stain”  
45 Tick off  
46 Article  
47 Rococo  
48 Woodland mushroom  
49 Construction site container

Down

- 1 Shooter’s ammo  
2 Flatfoot’s lack  
3 Facts and figures and such  
4 Potential  
5 Three on a sundial  
6 Ditch digger  
7 English actress Nell  
8 Orchid arrangements  
9 Big coffee holder  
10 Sheep in its second year  
16 Point  
18 Strip the bark  
21 Puzzle that involves a quote  
22 Jet \_\_\_  
23 Grenade part  
24 “Go on…”  
25 Maroon 5’s “\_\_\_ Will Be Loved”  
26 Beachy side-effect  
27 Offload  
28 Hurting  
31 Drag  
33 The Beatles’ “\_\_\_ Love You”  
34 Blanched  
36 Way  
37 Mountain come-back  
38 Bassoon, e.g.  
39 “A Kiss Before Dying” novelist Levin  
40 “\_\_\_ any drop to drink.” - Coleridge  
41 His “4” was retired  
42 The Columbia River forms part of its border, abbr.

\$1 TURNS INTO \$100,000: MIDLAND RESIDENT CELEBRATING \$100,000 ENCORE WIN

February 27, 2023 - TORONTO, ON – Saying “yes” to ENCORE paid off for Ronald Gravel of Midland. He matched the last six of seven ENCORE numbers in exact order in the January 13, 2023 LOTTO MAX draw to win \$100,000!

"I stopped at the gas station after work and checked my ticket. When I saw I won, I was in disbelief," Ronald shared while at the OLG Prize Centre in Toronto to collect his winnings. "I didn't expect to win!"

The truck driver says he called his brothers and sisters to tell them about the win. "They're so happy for me. They believed it right away," he said.

Ronald plans to put his win toward retirement. "I will also replace my old car."

"This win is gratifying!" Ronald concluded.

ENCORE offers 22 ways to win and can be played in conjunction with most lottery games for an extra \$1. There is an ENCORE draw every day.

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## SPIRITUAL and MENTAL HEALTH

## ANNIE'S JOURNAL

by Annie Warner Donnelly



February 27, 2023 - Since one of the best gifts God gives to us is our ability to choose, we can choose to acknowledge that He has guidance for every difficulty we face. We can build that guidance into a Biblical Framework.

If we do something that we realize is not right according to what God's word says, we can choose to believe and follow what the Bible says in 1 John 1:9 - "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

If something or someone makes us feel afraid, we can choose to believe and follow what it says in 2 Timothy 1:7 - "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

When the events in our lives feel overwhelming, we can choose to believe and follow what it says in Psalm 138:3 - "In the day when I cried out, You (God) answered me, and made me bold with strength in my soul."

When faced with a work situation in which there is little encouragement, we can choose to believe and follow what it says in Colossians 3:23-24: "And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of your inheritance; for you serve the Lord Jesus."

Add to that Galatians 6:9 - "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."

If we find ourselves pursuing the prestige and raises that come with promotions, we can examine our motives in the light of Matthew 6:20,21 - "... lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

If we find ourselves feeling unloved, Luke 10:27, part 28, reminds us: "You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself. ... Do this and you will live." Please, accept the love you receive in return.

All these verses, and hundreds more, can be part of our Biblical Framework.

The Bible is full of stories that illustrate God's character and stories of Jesus, the Author and Finisher of our faith. There can be a section in our Biblical Framework just for them.

Testimonies are an important addition to our Biblical Framework because they provide evidence of what God has done for others and therefore, can do for us.

Next time I will share a true story of a man who, when asked to work on the Sabbath, put his whole career on the line when he said "no". I will share how God used an unexpected method to answer this humble man's prayer. In the meantime, may God's blessings always exceed your need. Amen.



## Ask a Therapist: On the Seven Types of Rest

**Q: I feel so exhausted all the time and even when I sleep more it feels like my energy is not returning? How can I start to feel rested again?**

**A:** Feeling exhausted is a common complaint that therapists hear from their clients. So many are fatigued and it seems like the strategies they are trying are not providing any relief or improvement of energy and they are discouraged. The good news is, there is hope! You can get your energy back through RESTorative self care, you just have to discern what type of rest you actually need.

Sometimes it is just an issue of trying to pair a strategy to help your tiredness (like going to bed earlier or adding a nap in the afternoon) that is not actually matching the root cause of the fatigue. It's like you are trying to eat a hamburger to quench your thirst while what you really need is to hydrate yourself with a glass of water! The effort is there to try to make a difference to how you are feeling but the way you go about addressing it is not matching up.

Dr. Saundra Dalton-Smith, author of Sacred Rest, found that her patients in family medicine were often coming in feeling tired; but, as she started to observe the data she realized that not all patients' tiredness was the same and so she needed different treatments to address their specific needs. The answer was not a one-size-fits-all approach because getting more physical rest was not always helping. Of course, as a medical doctor, she was also testing iron levels, vitamin deficiencies, and other potential biological factors but, even when those were ruled out or addressed, clients were still left exhausted and she was determined to have answers for them.

She was able to discern through her research that there were seven categories of rest that every person needed and when one or more of those categories were depleted they would experience fatigue. She hypothesized that if people could understand the root cause in one or more of these types of rest they would be able to accurately treat the problem and move towards more energy and vitality in their lives. Doesn't that sound intriguing? At CWC, we are working with clients to help them figure out a self-care plan that is aligned with their specific needs for rest on a regular basis and it is so encouraging to see the improvement that comes from tailoring their care in this way.

She put together a diagnostic quiz on her website <https://www.drdaltonsmith.com/resources> to help patients determine their level of fatigue in the seven areas of rest: physical, mental, emotional, spiritual, creative, sensory, and social. As a first step in this series, it might be helpful for you to visit the website and take that quiz to see where you might need a bit more RESTorative self-care. In upcoming columns, each type of rest will be explored in more detail with strategies to try to address deficits in those areas so stay tuned for some practical support in this series to re-energize your life!

*Covey Wellness Centre is a local spot for all your mental health and wellness needs. We are a team of multi-disciplinary psychotherapists working out of our beautiful and serene space at B-12 Stone Street. Our wellness bookshop - which smells and feels like a spa - is open to the public every day except Sunday. Please visit [CoveyWellnessCentre.com](https://www.coveywellnesscentre.com) and submit the form on our Contact page to book an appointment or to inquire about our products and services or drop by for a visit! Follow us on social media @coveywellnesscentre, SUBSCRIBE TO OUR NEW PODCAST, and download and follow at Eventbrite for the latest updates and event tickets! We can't wait to welcome you to CWC for all your restorative self-care needs!*

## Rosie's Devotions

by Rosemary Hagedorn



## Snow Tracks

February 27, 2023 - As I looked out my living room window, the snow lay glistening on the ground.

Millions of tiny diamonds sparkled on the snow's surface as the sun shone down on this white blanket. As I continued to gaze at this fantasy that lay before me, I noticed various tracks in the snow. One set of tracks was made by a deer, another by a rabbit, another by a black squirrel, and yet there was still another set that I couldn't make out, but could have been made by a coyote. The apartment building that I live in is situated just footsteps from a park and therefore I see tracks, leading somewhere quite often. Sometimes there are rabbit tracks leading to a place right underneath someone's main floor balcony and I wonder where they go from there.

Were these tracks made by an animal searching for food, or were they made by the animal going back to its individual home? The path was known only to the animal and its Creator.

In the same way, the paths that we take, are known only to us and our God. Paths direct us to whatever choices we make. Sometimes we make a good choice, which leads to success or a favourable outcome and sometimes we make a choice that leads to a disappointment, a failure, or a loss. Yet, all our paths and choices are known and allowed by God. The Creator is with us in whatever path we choose.

Proverbs 16:9 - The mind of man plans his way, but the Lord directs his steps. (NASB)

Matthew 28:20b - And lo, I am with you always, even to the end of the age. (NASB)

Prayer: Thank you, Lord, for walking with us as we venture into the unknown by the choices that we make. You already know the consequences that our choices will bring into effect, sometimes good and sometimes bad. Yet in whatever circumstance in which we find ourselves, You are there with us, in all things, always. Amen.

## When You Have Hurt Someone

February 26, 2023 - What is the best way to resolve a situation when you realize you have hurt or offended another? This can be a tricky issue, because there may be a lot going on all at once.

First of all, you may not even realize you have created a problem. Secondly, you may feel you have done nothing wrong. Thirdly, You may feel bad about it, ashamed or embarrassed. A significant factor is how the injured party communicates his or her pain.

It is easier to respond if the person informs us gently that our comment or behavior felt painful. If the person reacts to feelings of hurt, they may immediately go on the attack. Either way, a common response is to become annoyed with the hurt party for being so sensitive. Another common response is to begin explaining or rationalizing your behaviour. None of these will help and may even escalate the situation. What works much better is to begin by telling the person they are important to you, and that it was not your intention to hurt. Don't stop there.

Telling someone you did not mean to hurt them does not change the fact they are still feeling hurt. The next step is to apologize for the fact that your actions led them to experience pain. Even if you did not mean to hurt them, and even if they interpreted your actions entirely incorrectly, it is still important to apologize so they understand you care about them enough to be sorry if you have even inadvertently contributed to their pain. Finally, it is good to ask them to tell you more about how they are feeling, because this shows you really do care, and are not just apologizing to get the thing over with. As they explain, you will likely begin to realize their pain is not all about you or what you did but is connected to more generalized pain the person is carrying. This is your opportunity to assist in their healing, and to demonstrate that their feelings are more important than your ego.

By this point, the person should be feeling much more settled. If it is important for you to explain what you meant, or why you acted as you did, this is the time. Make it brief, otherwise it will sound like a defense or rationalization and you could end up back at square one. This approach takes practice. A good way to remember the above principles is to think of the emotional hurt as a physical injury. If you accidentally hit someone with a baseball bat, you would first tend to the injury. You would not focus so much on the fact that you did not mean to, or that they were standing in the wrong place. Emotional injuries hurt just as much: think emotional first aid. Otherwise such injuries could be fatal to our relationships.

*Gwen Randall-Young is an author and award-winning psychologist. Submitted by Gwen Randall-Young Psychological Services Ltd. | Website | [gwendall@shaw.ca](mailto:gwendall@shaw.ca)*

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Gas for Fire: Enbridge Gas Assists Firefighter Training



Photo Below (L-R): Jeff French, Deputy Fire Chief, Springwater Fire & Emergency Services; Rodney Smallwood, GTA West Region Operations Supervisor, Enbridge Gas; Michael Christensen, GTA West Region Operations Supervisor, Enbridge Gas; Jeff Kirk, Fire Chief, Springwater Fire & Emergency Services; Jennifer Coughlin, Mayor, Township of Springwater; Barrett Truax, Training Officer, Springwater Fire & Emergency Services.

Enbridge Gas Assists Springwater Fire & Emergency Services  
in Supporting Firefighter Training

Township of Springwater, ON, February 23, 2023 – Enbridge Gas Inc. (Enbridge Gas) is helping Springwater Fire & Emergency Services purchase firefighting training materials, through Safe Community Project Assist—a program with the Fire Marshal’s Public Fire Safety Council (FMPFSC) that supplements existing training for Ontario volunteer and composite fire departments in the communities where Enbridge Gas operates.

“At Enbridge Gas, safety is our priority. We’re proud to support Ontario firefighters who share our commitment to keeping our communities safe, healthy and vibrant,” says Rodney Smallwood, GTA West Region Operations Supervisor, Enbridge Gas.

This year’s \$250,000 donation from Enbridge Gas will be shared by 50 Ontario fire departments, including Springwater Fire & Emergency Services. Funds are used to purchase educational materials to assist in training firefighters in life-saving techniques.

Since the launch of Safe Community Project Assist in 2012, 294 grants have been provided to Ontario fire departments for additional firefighter training.

“Safe Community Project Assist improves access to training materials for fire departments,” says Jon Pegg, Ontario Fire Marshal and Chair of the FMPFSC. “Firefighting can be dangerous and unpredictable, and these training materials positively contribute to the health and safety of firefighters and the broader community.”

“The grant offered by Enbridge Gas will go a long way in ensuring our firefighters are provided the educational materials to increase their knowledge and provide an excellent set of skills the public can rely on. Partnerships such as these are very much appreciated, and I would like to thank Enbridge Gas for their continued support of the fire services within

Ontario,” says Jeff Kirk, Fire Chief / Director of Fire & Emergency Services.

About Springwater Fire & Emergency Services  
Springwater Fire & Emergency Services is a composite fire service with a complement of 5 full-time career and 100 volunteer firefighters operating out of four fire stations and protecting approximately 534 square kilometers.

About the FMPFSC

The FMPFSC was established in 1993 with a mission to help create “a world where no one is hurt by fire.” Chaired by the Ontario Fire Marshal, the FMPFSC promotes fire

prevention and public education through sponsorships and partnerships with various groups and individuals with an interest in public safety. Follow the FMPFSC on Twitter @FMPFSC.

About Enbridge Gas

Enbridge Gas Inc., formed on January 1, 2019 from the amalgamation of Union Gas Limited and Enbridge Gas Distribution, is Canada’s largest natural gas storage, transmission and distribution company based in Ontario with a more than 170-year history of providing safe and reliable service to customers. The distribution business serves about 3.8 million customers, heating over 75 per cent of Ontario homes. The storage and transmission business offers a variety of storage and transportation services to customers at the Dawn Hub, the largest integrated underground storage facility in Canada and one of the largest in North America. Enbridge Gas Inc. is owned by Enbridge Inc., a Canadian-based leader in energy transportation and distribution.

For more information, visit [www.enbridgegas.com](http://www.enbridgegas.com) or follow us on Twitter @EnbridgeGas.

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Winter Wrap Up

March is almost here which means spring is inching closer and sugar bush season is starting to gear up! Many local maple syrup producers did their first tapping earlier this February and it looks like we are headed into a record-breaking production season. With the sap starting to flow, it’s a nice reminder that sunnier and warmer days are almost here.

As much as I’m looking forward to warmer weather, I’ll be out enjoying the last bit of winter as much as I can. The season may be wrapping up, but now is the time to take advantage of some “winter only” outdoor activities if you haven’t had the chance yet. Visit Springwater Provincial Park and try out their trails for cross-country skiing and snowshoeing or scout out some neighborhood hills to go tobogganing. If the weather stays cold enough, there may be time to get in some skating on one of the many outdoor rinks and trails around town.

Take some time to try out a new-to-you local restaurant or shop to explore the Springwater area while staying warm. If you’re looking for a quick escape from the cold, your local library is the best place to pick out your next great read and offers a ton of fun activities for a wide range of ages. Is a winter storm heading your way? Plan to stay in and get together with family and friends for a movie night, just be sure to offer up a cup of hot chocolate to your guests!

With the newest batch of maple syrup flowing, I am looking forward to trying it out with a delicious pancake breakfast.

As always, my constituency office is available to assist you with any matters related to the federal government. Please contact my office at Doug.Shipley@parl.gc.ca or 705-728-2596 for assistance.

Sincerely,  
Doug Shipley  
Member of Parliament  
Barrie – Springwater – Oro-Medonte



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## Community Fundraising Campaign Tops \$114K for Cardiac Care Equipment



**Photo Above: Tracey Gutierrez, critical care nurse at Georgian Bay General Hospital (GBGH) shares thanks to the community for donations received during the GBGH Foundation's Kickstart Your Heart campaign. From February 1-14, 2023, more than \$114,277 was raised to help purchase cardiac monitors and ECG machines for the Midland hospital.**

February 23, 2023 – From February 1-14, 2023, the Georgian Bay General Hospital (GBGH) Foundation, in partnership with Bell Media's Pure Country 106 and Bounce 104.1, raised \$114,277 during the Kickstart Your Heart campaign. Conrad and Donna Huber generously offered a match gift of \$25,000, which inspired more than 70 individuals to join them in helping to purchase cardiac monitors and ECG machines for the Midland hospital. Local couple, Steve & Brenda, also made a generous contribution of \$15,000 at the 11th hour on Valentine's Day to reach the \$100,000 goal.

"Providing our community with life-saving care requires us to have access to modern equipment," says Dr. Andrea Jones, emergency physician, GBGH. "ECG machines are used every day, in all areas of the hospital where we have patients. An ECG shows us how the electrical system of the heart is working at any one time, so we can plan our treatment. Thank you to everyone who supported Kickstart Your Heart to help update this essential technology."

On-air support from local radio stations, Pure Country 106 and Bounce 104.1, helped to engage the community, boosting donations and also helping to promote the many local businesses who participated through the Foundation's Business Cares program.

"We were excited to have fourteen local businesses do a promotion to benefit Kickstart Your Heart," shares Victoria Evans, community giving officer, GBGH Foundation. "Whether it was a portion of proceeds from an item or service, they all showed such generosity, and collectively raised more than \$13,000! Our sincere thanks to MegaMindful Living, The Boathouse Eatery, Pier 21 Restaurant, Rooted Café, Coxworth & Associates, Grange of Prince Edward Winery, Arbour's Flower Shoppe, Janice Stone Life Coach, The Happy Pineapple Boutique, Medical Aesthetics by Vee, Sweet Treats Factory, The Pulse Nutrition, Georgian Bakery and Royal Tea on King."

In its first two years, the Kickstart Your Heart campaign raised more than \$300,000 to replace all the defibrillators and crash carts at GBGH. The annual February campaign is generously supported by Conrad & Donna Huber, with a focus on raising funds for equipment used to assess, diagnose and stabilize patients experiencing chest pains or cardiac issues.

To learn more about the critical need to replace outdated equipment and technology at Georgian Bay General Hospital, visit: <https://gbghf.ca/current-needs/equipment-needs/>



### March Break Programming

Monday March 13: St John Ambulance Home Alone (ages 10-11) Cost \$55 and Babysitters (age 12+) Cost \$70 at Midhurst Branch. We also have a Family Felt Play Mat program at Elmvale Branch 2pm Cost \$5. Registration required.

Tuesday March 14: Family Felt Play Mat program at Midhurst Branch 2pm Cost \$5. Registration required.

Wednesday March 15: Special guest Zootek with an animal show at Minesing Branch 9:30am-11am. Cost \$5. Registration required.

Thursday March 16: Take and Make Kits available at all branches, online storytime special - check us out on YouTube!

Friday March 17: Harry Potter Trivia at Elmvale Branch 2pm-3:30pm, Cost \$2 per participant. Registration required.



### Smile Campaign

Our annual gathering of items for Moms is back again in partnership with the Elmvale Food Bank bringing smiles to our community! If you are able to donate the following to any Springwater library branch towards this wonderful project it would be greatly appreciated: journals/notebooks, decorative candles, hand cream, candy, gum, cool mugs. Donations will be accepted in the month of March. We thank you in advance for your help.

### Volunteer Income Tax Program

This program starts Saturday March 4 and offers in person appointments, virtual service by phone or drop off of your paperwork. For in person appointments at the Elmvale Library - Call (705) 322-1482. Virtually by phone, call the Elmvale Library (705) 322-1482, and leave your contact information and a volunteer will connect with you via phone regarding your taxes.

Elmvale Branch: 705 322-1482  
Midhurst Branch: 705 737-5650  
Minesing Branch: 705 722-6440  
[www.springwaterlibrary.on.ca](http://www.springwaterlibrary.on.ca)  
information, branch updates and our virtual programs. Programs and Videos on Facebook and YouTube (search Springwater Library)

Drop off your tax documents, date of birth, contact information: name, address, phone and email address at the library. Please place all paperwork inside a sealed envelope labelled: INCOME TAXES. The tax brackets are as follows: Up to \$35,000 for one person, Up to \$45,000 for two persons, Up to \$50,000 for a family of four.

### Cricut Plant Marker Program

Our monthly Cricut project in March is a set of plant marker signs. Using our Cricut you can make little signs for your plants: Peas, Tomatoes, Basil etc. A set of three plant signs Cost \$2. Midhurst Branch Tuesdays 10:30am-2pm, Wednesdays 1pm-4pm and Thursdays 4pm-6pm alternatively you can book a time at Elmvale branch Thursday/Thursday evenings 4pm-6pm. Registration required.

### Tutoring Help

Partnering with the Simcoe Muskoka Catholic District School Board we are happy to offer FREE 1 HOUR group tutoring sessions with a certified teacher. Thursday evenings 5pm-7pm at Midhurst Branch. Registration required. This program is for grades K-3 and 7 and 8 who will work in groups of up to five students.

### Garden Program

Learn some great tips for starting vegetables from seed by Simcoe County Master Gardner Pat Cook. Start a seedling to take home with you! Tuesday March 21, 6pm at Elmvale Branch. Cost: Free. Registration required.

### Vaccination Clinic

In partnership with the Simcoe Muskoka District Health Unit, Nurses will be at the Elmvale library on Thursday March 23 from 10:30am-3pm as well as Tuesday April 4, 11:30am-3:30pm at Midhurst Branch. Primary doses are available for eligible people aged 6 months+ and booster doses available for eligible people aged 5 years+. Appointments can be booked at: <https://covid-19.ontario.ca/book-vaccine> or by calling 1-833-943-3900. Walk ins are welcome while supplies last.

### English as a Second Language

Come and join us weekly for a conversation group that will be working on English language basics. All languages are welcome! Meet new people, increase your fluency and vocabulary at Elmvale branch starting Friday March 24, 1:30pm. Registration required.

## Snowy Gems: Hardwood Hills

Now that the white stuff has truly fallen, many snowmobilers and skiers are raring to take advantage of this ever dwindling window of time. There are many snowmobile trails crisscrossing the township, including those to be found within Simcoe County Forests. Downhill skiers also have many wonderful options with Snow Valley and Moonstone being a stone's throw away and Blue Mountain within a pleasant country drive of most Springwater residents. For those who prefer a little less adrenaline while enjoying winter outdoor pursuits, Hardwood Hills is the perfect place for snowshoeing, fat wheeled cycling and cross country skiing.

Located at 402 Old Barrie Rd. West in Oro Station, this spot is especially wonderful for cross country skiers. In fact, it is a top rated locale for both classic and skate style skiing. The trail network consists of 8 different loops that wind their way through rolling hills of beautiful pine and hardwood forest. Trails are well groomed and cater to every level of ability from beginner to elite.

In total, there are 34 km of rolling double track trails as well as an additional 50 km of challenging single track trails. As the trails all intertwine the possibilities for variety in terms of scenery and level of difficulty are endless. The Torino Trail, marked in yellow, is an easy 5 km trail. The Nagano Trail is also an easy trail of 8 km that is marked in red. For an intermediate level skier, try the Sochi and Sochi Extension Trails. Green markings lead you through this easy to medium 12 km (17 km if doing the extension) circuit. For more challenging trails, the advanced skier may wish to try the Vancouver (10 km, marked in black), Lillehammer (15 km, marked in orange) or Salt Lake City (22 km, marked in Blue) trails.

Lessons are also available. For Adults, there are 3 options: Learn to Ski, Ski Better and Ski for Life that encourages skiing as a fun way to keep fit. Youth have many options. Trail Tots caters to 4 and 5 year olds. Lil Kickers and Sliders 1 and 2, target Sk-Gr. 4 students. Fast Trax helps 9-13 year olds improve their technique in classic and skate skiing. Trail Shredders enhances the skills of well seasoned skiers and focuses on drills and challenges. Biathlon events are open to both youth and adults. Programs for Corporate Groups are also available.

March Break Camp is back again this year and can be enjoyed from Monday to Friday from 9:30 a.m. to 4:00 p.m. for a single full day or for multiple days of winter play. Attendees can cross country ski, snowshoe or toboggan. For \$65 one can get a ticket, have access to all rentals and be treated to an afternoon snack. To receive a ticket and snowshoe rental as well as a snack, expect to pay \$50. March 2-4 sees Hardwood hosting the Canadian/Ontario Masters Championship and on March 11 indulge in a Moonlight Snowshoe Fondue.

The on-site Ski Shop has the latest in ski gear from Fischer, Swix, Salomon, Kari, Rossignol, Traa, Dahlie and Bjorn. Another bonus is the Grab n' Go option available Monday through Friday. Sandwiches, snacks, drinks, beer and wine are available. On the weekends, hot food is also on hand.

Hardwood Hills is personally one of the best cross country skiing experiences I have ever had the pleasure of enjoying. With winter slowly coming to an end, time is running out. This March Break head on over to Hardwood for some close to home family fun.



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## GBGH Awarded For Open Communication About Organ and Tissue Donation

February 16, 2023 – Georgian Bay General Hospital (GBGH) has been recognized with a Provincial Eligible Approach Rate Award from Ontario Health (Trillium Gift of Life Network [TGLN]), the province's organ and tissue donation and transplantation agency. This award recognizes GBGH for its outstanding efforts to facilitate a discussion about organ and tissue donation between Ontario Health (TGLN) and eligible patients/families of patients at end of life.

"GBGH is very proud of the partnership with TGLN and the critical care team here has taken our role very seriously as facilitators of a difficult, yet important, discussion between TGLN, patients and families," says Dr. Khalid Tahir, TGLN medical lead, intensivist and chief of Medicine, GBGH. "This is never an easy conversation because it means the end of life for a patient, but it is so important we not be afraid of facilitating these discussions which helps patients and families be aware of options. One of those options is donation and it can have wide-reaching, life-saving outcomes." This is the first time GBGH has exceeded the provincial eligible approach rate target of 90 per cent - set by Ontario Health (TGLN) - achieving 100 per cent in 2021-2022.

"The success of organ and tissue donation in Ontario relies on the hard work and dedication of our health care partners. Georgian Bay General Hospital has made an outstanding contribution to organ and tissue donation and this award is a reflection of their commitment to implementing leading donation practices, integrating donation as part of quality end-of-life care, and continuously working to save lives through organ and tissue donation," says Rebecca Cooper, vice president, Ontario Renal Network and Trillium Gift of Life Network, Ontario Health. "Every Ontarian has the opportunity to demonstrate their support for this life-saving work by registering their consent to organ and tissue donation at BeADonor.ca."

Despite COVID-19's continued impact, the province contributed to 807 essential organ transplants while Ontario hospitals supported 302 organ donors and 1885 tissue donors. In 2021-2022, GBGH had four tissue donors enhancing the lives of many.

Approximately 1,300 people in Ontario are currently on the waitlist for a life-saving organ transplant, and every three days someone will die because they did not receive their transplant in time. While more than 22,000 Ontarians have received a lifesaving organ transplant since 2003 and the majority of Canadians say they understand the importance of organ donation, only 35 per cent of Ontarians have formally registered their consent for organ and tissue donation.

Ontario Health's (TGLN) goal is to achieve 120,000 new registrations between April 1, 2022 and March 31, 2023. Visit [www.beadonor.ca](http://www.beadonor.ca) to register or find out more.

Both Penetanguishene, with 56 per cent, and Midland, with 55 per cent, well exceed the average provincial registration rate of 35 per cent. Penetanguishene ranks 19th and Midland ranks 26th for organ donation registration out of 170 communities in Ontario.

## Update From Doug Downey MPP

### Ontario Provides More Money for Public Transit in Barrie & Simcoe County

#### Province tops up gas tax funding to make up for lower gas sales

February 23, 2023 SIMCOE COUNTY – The Ontario government is providing more money to support the expansion and improvement of public transit services in Simcoe County. The funding is part of the province's gas tax program which will allocate more than \$379.5 million to help 107 municipalities operate and improve local transit. The funding for Simcoe County is as follows:

- County of Simcoe - \$1,375,022
- City of Barrie - \$2,274,100

"Our government knows that municipal transit systems are essential to the success of our local communities, connecting people and families to jobs, housing and wherever they need to go," said Doug Downey, MPP for Barrie – Springwater – Oro-Medonte, "Our government has continued to step up to the plate to provide the funding municipalities need to ensure transit remains a safe and reliable option in communities across Simcoe County and all throughout Ontario."

Funding for the gas tax program is determined by the number of litres of gasoline sold in the province during the previous year. Municipalities that support public transit services in their community receive two cents per litre of provincial gas tax revenue collected.

To make up for reduced gas sales due to ongoing recovery from the COVID-19 pandemic, this year's gas tax program includes one-time additional funding of \$80 million to help ensure municipalities can continue to support their transit systems.

"This investment of \$3,649,122 to support the improvement and expansion of Simcoe County's public transit services is so important, as efficient public transit is the backbone of livable communities",

said Andrea Khanjin, MPP for Barrie-Innisfil. "Better transit for the people living in Barrie, Innisfil and the surrounding region means less congestion, more convenience, faster commutes, lower emissions, higher productivity, and more time spent with loved ones. Transit options builds better lives".

"Public transit is a key driver of economic growth in Ontario, helping people get to where they need to go, whether it is to work, school, or run errands," said Caroline Mulroney, Minister of Transportation. "As more people return to public transit, our government is providing municipalities with the funding they need to accommodate growing ridership, while ensuring they can continue to deliver safe and reliable transit service for people in their communities."

Gas tax funding can be used to extend service hours, buy transit vehicles, add routes, improve accessibility or upgrade local infrastructure.

#### QUICK FACTS

- The 2022-23 gas tax program will support public transit in 144 communities in 107 municipalities across the province, representing more than 92 per cent of all Ontarians.
- The provincial and federal governments are providing up to \$2.65 billion through the Safe Restart Agreement to support municipal transit systems in response to COVID-19.
- Ontario is developing regional plans that will help build a better transportation system across the province. The province has released four draft regional transportation plans for Northern Ontario, southwestern Ontario, the Greater Golden Horseshoe and eastern Ontario.

Submitted from Doug Downey MPP for Barrie – Springwater – Oro-Medonte [doug.downey@pc.ola.org](mailto:doug.downey@pc.ola.org) 705-726-5538

## LIONS CLUB DUCK RACE BENEFITS YOUTH HAVEN



Submitted by Ian Ashton

February 21, 2023 - The Springwater Vespra Lions Club held their 31st Annual White Water Willy Duck Race at the Midhurst Autumnfest fall fair. The event raised over \$5,800 for Youth Haven of Barrie. The club would like to thank our many local business sponsors and special thanks to Currie Heavy Towing and Currie Truck Centre for sponsoring our \$500 First Prize.

Cheque Presentation to Youth Haven of Barrie: Left to right are club members Ian Ashton, Ken Ground, Club President Al Mills, Louise Jones of Youth Haven and club member Ron Coutts.

#### Prize winners from the September 24th, 2022 race were:

- 1st Duck #1118 - Karen Pearse
- 2nd Duck #176 – Jennie Cruichshank
- 3rd Duck #211 – Samantha Cizikas
- 4th Duck #1394 – Lee-Anne Vahi
- 5th Duck #1226 – Gail Green
- 6th Duck #1150 Jenny Coughlin
- 7th Duck #979 – Rod Green
- 8th Duck #116 – Amanda DeMartin
- 9th Duck #851 – Donna Moore
- 10th Duck #1050 – Caley Severn
- 11th Duck #7 – Paul Fleming
- 12th Duck # 820 – Pierre Gautier
- Last Duck #544 – Sara MacMurchy

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## Backyard Chicken Pluckingham Palace Slows Life Down



February 24, 2023- written by Casey Kinsey

Growing up in small town Collingwood in the 80's, Dad took me to his friends' farm often. I loved the friendships, the air, the feeling of simplicity, the fields and of course the animals. I knew from a very young age that my heart belonged in the country.

Fast forward into adulthood, I lived in cities and longed for small town living again. At 40, the decision was made for change. My husband and I packed up our family and moved to the quintessential small town of Elmvale.

This is where I found my peace.

My 140 year old home with character and a town full of amazing people that all seemed to know each other and help one another out. The thought of this was now foreign to me, I forgot that this was how neighbours were meant to be. I mean we had this in Collingwood all those years ago, but as time ticked and life moved at a pace of lightening, I got wrapped up in a life of working and staying on my own little piece of land, forgetting how it really felt to truly have community.

Elmvale was now home.

I still remember the first week after our arrival, I was sitting on my porch as the snow fell lightly and I heard the beautiful sound of carolers in the distance. I packed up the kids and we followed the song. We found a community gathering to light the Christmas tree and singing joyously. It was like a scene from a hallmark movie. My eyes filled with tears and I knew we had settled in the best place to raise our family.

Then along came covid. As we all remember it was a scary and uncertain time. Stuck in homes and concerns about supply and food shortages were very real. My husband and I decided it was now time to take the steps to create a garden to be able to ensure there was veggies and fruits available for our family. Each summer since our garden has grown and we

have been proud of what we have accomplished. But we wanted more.

I came across a video about how a town provided chickens to each family in town and food waste went to practically nothing. This in turn saved on large composting trucks picking up and transporting to waste centres all while creating a cycle of food. We tend to believe we are "green" now by using our compost bins but our ancestors really did things right.

This started our journey into backyard chickens! We found out that our community was in the midst of a pilot program and we wanted to be a part of it.

What an amazing concept to be able to have chickens in town, learn to cycle our waste and scraps and in turn produce food for our tables. Something that would have been so normal a hundred years ago and now has become such a luxury in this convenience and technology era.

I am beyond pleased that Springwater has made steps to stick with their roots and continued with allowing this small piece of farming. We often find that small towns are in such a rush to catch up to cities that what made them great small town communities in the first place is lost in time.

So with the spring just around the corner, it may be time to consider how we all can look at our land and make it useful again. I have discovered it doesn't take much to create a little homestead that not only provides for our family, share with our neighbours, but also make us proud.

This small town farming community has so much to offer. A chance to grow, build community and to slow down and enjoy life.

I urge Springwater to continue the Backyard chicken program and hope that many can join us in the desire to live life a little slower while enjoying all the things that make this small town farming community so special.

## Snowy Craighurst Women's Institute Meeting Typical in our Home and Native Land

Submitted by Sheila Craig

February 25, 2023 - Craighurst Women's Institute started 2023 with a snowy night February meeting, typical in our home and native land. Ten members recited the Ode and Mary Stewart collect, answered the roll call (a W I meeting highlight), listened to minutes and treasurer, read correspondence, heard from the Shut-in Basket deliverers, and received a lovely token from one family. Also we welcomed a new member.



Then the fun began, as the agenda called for a discussion on the County plan to disband the Museum Advisory Committee, and thereby remove the permanent seat the W.I. had on that board. The W.I. started the Simcoe County Museum long before the local government, beginning a collection of artifacts, and facts, in 1930. The Women's Institute ran the Museum until 1962, when they bequeathed it to the County. Symbolically removing the last connection with the Museum's history looks odd. Our discussion was excellent, and we will now turn our minds to coming up with a new plan for W.I. and Museums in Midhurst. Or a different plan.

We have been asked to cater to the International Fiddlers day on May 20, 2023 at Eady Hall. The event is just like last year, and of course we voted yes. One member says she can actually call a square dance (the same member who left her duties last year and was found round dancing in the upstairs hall). This year more of us vow to help AND get in on the dancing.

We have been assembling Bears, Books and Blankets for the Paramedics to carry aboard the ambulance and comfort children with.

The President will visit the Craighurst Station and ask for a date and time that the gifts can be presented, and not interfere with the shifts.

Then the Program started. One member had researched the W.I., how and where and who had started the Organization,. (Adelaide Hoodless, Stoney Creek, 1897) The why was quite touching. One of Mrs. Hoodless's children died from drinking unpasteurized milk. She took that incident to advocate for education of rural women. Helped by Erland Lee, she gave talks and promoted rural hygiene. Her work led also to Home Economics programs in schools, and the creation of the MacDonald Institute at Guelph University. Dear reader, you can look her up. We are also quite chuffed to know Queen Elizabeth was the President of Sandringham W.I..

Another member had a display of Craighurst W.I. over the years, photos, programs. A great night was had by all.

Formed in 1915, the Women's Institute was originally brought to life to revitalise rural communities and encourage women to become more involved in producing food during the First World War  
<https://www.thewi.org.uk/>

## Volunteers Needed for Wildlife Rescue Centers

February 15, 2023 - Wildlife Rescue Centers take in injured and orphaned wild animals, rehabilitate them and release them back into the wilds. Wildlife Rescue Centers are licensed and regulated by the Ministry of Natural Resources but give no support from any level of Government. Wildlife Rescue centers are completely dependent on the public for support and volunteers. The number of Volunteers directly effect the number of animals they can help.

Why should someone volunteer

If a person is able to donate even a few hours a week, it can make a big difference. There are a lot of ways they can help out at a wildlife centre. Do they have a skill or a trade? Do they have a car? Can they help with administration, animal care, maintenance or fund raising? So volunteer.

Below are listed some of the most common jobs needed by wildlife centres:

**IN CENTRE VOLUNTEERS:** Help with the administration, phones and the day-to-day operations of the centre. Most centres run 7 days a week so helping evenings or weekends.

**DRIVERS:** Providing transportation for injured and orphaned animals to the centre.

**FUND RAISING:** All wildlife centres can use help in raising money from canvassing for donations to help manning booths at local festivals/events. Help with special fundraising.

**PUBLIC RELATIONS:** Helping put out newsletter to supporters and donors. Writing articles and taking pictures. Getting coverage in the local media.

**FOSTER PARENTS:** Many centres have a foster care program. There are not enough rehabbers for the # of animals and that you can do it in your own home in a small way... every animal saved helps. Animals are placed in volunteer homes under the supervision of a centre authorized staff.

**BUILDING & MAINTANCE:** Building pens and cages for animals. Repairs to building and facilities is often a constant problem.

See the list of wildlife centres looking for volunteers  
<https://www.ontariowildliferescue.ca/volunteer.php>

Ontario Wildlife Rescue (OWR) works with over 50 Wildlife Rescue Centers (Wildlife Rehabbers) across the province. Ontario Wildlife Rescue connects the public with wildlife rescue centers ([www.ontariowildliferescue.ca](http://www.ontariowildliferescue.ca)). OWR also help find resources (food, medical supplies and veterinarians) for Wildlife Centers across Ontario. Ontario Wildlife Rescue is a Federally incorporated non-profit charity (license 8155291-2RR0001).

Submitted by Sandy Donald,, Director;416-436-9892  
[sandy@ontariowildliferescue.ca](mailto:sandy@ontariowildliferescue.ca)  
[www.ontariowildliferescue.ca](http://www.ontariowildliferescue.ca)

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JOHN DEERE  
 STIHL



Elmvale Fall Fair Ambassador Gets Energized at Fairs' Convention!



Photo above (L-R): Camry Miller, Elmvale Fair Ambassador 2022 Flos. Agr. Soc. and the Junior Directors; Naomi H., Brayson F., sibling of Jr. Director (too young to be named) and on far right Mitchell H

February 22, 2023 - Submitted by Pat Leonard, Secretary Flos Ag Society  
Elmvale Fall Fair was well represented at the recent Convention for the Ontario Association of Agricultural Societies.(O.A.A.S.) Our Ambassador Camry Miller was one of over 60 Ambassadors that attended a program dedicated to building leadership skills and personal growth. Some of the Youth from our newly formed Junior Director Board were in attendance to participate in a presentation about the success of this program. All of these Youth were a credit to our Community.

There were 900+ delegates registered from over 200 Ontario Fairs. The Convention offered more than 45 different seminars to attend, on such topics as Homecraft, Social Media, Agricultural Mental Health Awareness, 4-H, insurance, livestock shows and many more. A trade show provided lots of entertainment options to book, suppliers and educational resources – one stop shopping!  
Everyone comes back energized, full of new ideas for the 2023 Elmvale Fall Fair AND a great appreciation for what an outstanding Community that we are a part of.

Elmvale Community Recreation Association (CRA)



Photo above: (back row, L-R) Shannon Fay, Sandy Conn, Sue Adams, Lindsay Tinney, Keriann Kenney, Malcolm Ross, Mike Murphy, Doug Tinney, (back row, L-R) Danielle Alexander, Ken Flieger, Matt Garwood, and Chantal Nelson.

February 22, 2023 - On February 21st, 2023, the first meeting of the revitalized Elmvale Community Recreation Association (CRA) was held in the Springwater Room at the Elmvale Arena.  
The first meeting was a success, with members attending ready to discuss how this new group could make a difference within the Elmvale community.

Thank you to all those who attended and who have shown interest in the CRA!  
The Elmvale CRA is open to all, our next monthly meeting is scheduled for March 23rd, 2023 at 7 pm in the Springwater Room above the Elmvale Arena.  
Bring your ideas!

Elmvale Junior Fair Board Critique and Plan Fair Activities



Submitted by Linda Murray  
February 25, 2023 - Elmvale Junior Fair Board held their first meeting run by the youth for the youth (shown in photo above). At this meeting they critiqued the activities they planned and implemented at the 2022 Elmvale Fall Fair. The youth also determined what they would like to do for the 2023 Fall Fair. We meet once a month to plan and do fun activities. More information please contact [scouterlindamurray@gmail.com](mailto:scouterlindamurray@gmail.com).

Elmvale Junior Fair Board Gets Funding



Photo above (L-R): President Brayson Fay, and Vice President Naomi Hales with Retired Teacher of Ontario District 17 Rep Daisie and Junior Board mentor Linda Murray. The grant that was received will be helping to offset the activities that the junior board will be planning for the 2023 fair.





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## Red and Green, Farming Can Bring People of Different Colours Together



Submitted by Luke Langman

February 22, 2023 - As a wise man once pointed out, even though there are two kinds of people out there; red and green, farming can bring people of different colours together. Thanks Tim. This truth was no exception at the North Simcoe GRAIN Projects fall corn harvest. It was a beautiful late fall day when three combines, three highway transports, four grain buggies and one drone took to harvesting this years 85 acres of corn that will be sold to help feed families around the world through the Canadian Food Grains Bank.

Our 2022 supporters included Holme's Agro, BJS Brian Gilpin, Bayer, Pioneer Seeds, Viola Pellets, The Springwater News, Robert Spence, land prep and rolling, David Spring planting, Roger Spence spraying and the harvest included grain buggies: Langman's with Art Turner, Springs with Josh Parnell and Ryan Spring, Don Greidanus and Trevor KleinGebbnick,

**Combines:** Langman's, Roger Spence, Ray KleinGebbnick **Trucking:** Larry Giffen for Trucking and receiving corn.

Thanks to Morley Minty, Treasurer, Luke Langman, Coordinator and Roger Spence, Production Manager.



**BANK BALANCE:** \$26,337.29  
**CORN SOLD:** \$100,069.12  
**DONATIONS:** \$31828.75  
**TOTAL INCOME:** \$ 158,235.16  
**EXPENSES (Fertilizer & Rent)** \$37,854.60  
**TOTAL RAISED:** \$120,380.56



In it's 23 years the North Simcoe GRAIN Project has raised \$1,542,000 and with a 4:1 match by the government this number means that \$7,710,000 has gone to increase food security around the world. Please contact us if you would like to contribute at 705 716 7744.

## Algonquin Wolf aka Wesley. Beautiful Eyes Piercing



## The Road Moved?

By Jason George- February 13, 2023

I was driving down the road when out of not where the road moved, the other people in the car said nothing so I just thought to myself, 'did I just see something or am I daydreaming.' I had been driving for a while so maybe it was just a drea..... a head slowly crossed the yellow line. I get excited and carefully pull the car over, grab my camera and slip out the car. I'm now standing in the road and I'm looking at the Algonquin Wolf aka Wesley. Beautiful eyes piercing through my camera as I snapped some pictures, I'm not sure if I'm dinner or Wesley is just observing me too. Wesley hangs around smelling for a few minutes and I noticed a funny walk. So, now I'm trying to figure out if this wolf is injured. To figure out what is going on I get closer than I normally would as I think the wolf could be hurt, with my telephoto lens I'm able to scan the body easily without having to touch the animal, for both of our safety!



Luckily the road wasn't crazy busy and I was able to wave to slow down people as they were passing by. I don't understand how so many just quickly drive by a wolf but most people are in a rush nowadays.

Wesley crossed the road and headed into this forested area with a pond, I didn't notice anything injuries, I was happy to see the wolf vanish around the corner. A moment later, Wesley was back and trotting down the road. Luckily, I noticed and flagged down these speeding cars, or this store would end here. Wesley crossed the road and settled down in the grasses, and seemed to disappear.

My passengers and I scanned the area, we could smell something, and then we spotted the wolf again. Wesley came back out of the grasses and then vanished a bit up the road. I headed to report this encounter to the locals nature lovers, but they were already aware of the wolf.

A moose had been hit by a car 3 weeks earlier and died in the grasses, it was just bone at this point.

On the way home, we actually encountered I assume the same wolf again. A few people had stopped but I said it would be cool if the wolf ran that way and we were there. So, I go there and the wolf does exactly as I had said and is running towards me (...not at me). I freeze, I can't run or I could spark his APEX predator instinct. Wesley finally notices me, and turns into the bush about a yellow school bus distant away from me. What a crazy experience, and I'm glad Wesley and I are ok.

If you are enjoying reading my articles, please check out my YouTube channel – Jason George Photography - to follow with my new series called 'Going Deeper'- owls, foxes, beavers and more.

Until next time,  
Stay safe, Have fun and enjoy the wildlife!  
Jason George

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## Jo Knows Nutrition



### Frozen – Save Time & Money in the Freezer Aisle

The freezer aisle can be one of your grocery shopping besties if you take the time to read packaging labels and to buy what's on sale.

With so many options to save time in the kitchen and to also to combat the rising cost of food, frozen products can easily be incorporated into a healthy lifestyle.

The beauty of frozen is that food will keep indefinitely in this state if stored at 0°F (-18°F) or below. Frozen foods will never go bad as long as the freezer is plugged in and in good working order. Of course, the taste and quality of frozen food will deteriorate as time goes by, so as a rule of thumb it's best to use up your freezer products within 3 months.

#### The Nutrition Facts Label



The nutrition facts label became mandatory in Canada for all pre-packaged foods in 2007. A real step forward in helping the consumer make informed choices, nutrition facts labels are especially useful when comparison shopping and a secret weapon when choosing the healthiest pre-packaged foods on the market. To help you navigate a nutrition facts table check out how to read labels below:

1. Start Here. Look at the serving size and compare



this to the amount you are actually eating.

2. Check Out the Calories. This is how many calories there are in the serving size listed. This is helpful when comparing similar items as you will be able to tell which packaged food has more or less calories for that particular serving size.

3. The % Daily Value (DV) guide is incredibly useful to determine if a packaged product has a high or low amount of a specific macronutrient. In general, 5% or less is considered a low amount and 20% or more is considered high content.

4. Limit These Nutrients. Be mindful of the quantity of Fat, Cholesterol and Sodium a food has.

5. Get enough of These Nutrients. Aim for products that have more fibre and vitamins and minerals in it.

Hopefully, these guidelines will assist you in make healthier choices next time you visit the frozen food section of your favourite grocery store.

#### **HAPPY SHOPPING!**

*Joanne Nijhuis MSc, RD is a consulting, media and culinary dietitian in Simcoe Grey Bruce on a mission to entertain and educate through her love of food. In addition to recipe development and writing for several publications, Joanne offers cooking demos/classes and counselling – in person or online via Zoom Health.*

*For more information, email Joanne at [jo.knows.nutrition@outlook.com](mailto:jo.knows.nutrition@outlook.com).*

*[www.joknowsnutrition.com](http://www.joknowsnutrition.com)*

*Instagram: [jo\\_knows\\_nutrition](https://www.instagram.com/jo_knows_nutrition)*

## I Will Be Happy When...

The greatest source of unhappiness is the gap between what we have, and what we wish we had. When there is no gap, we are content. We feel a sense of abundance because we have all we need. Recognizing this, the search for happiness may involve a never-ending process of attempting to fulfil needs.

So in order to be happy, our partner must be more dedicated, more attentive, more passionate for example, or our children must be more responsible, have higher marks, clearer goals, better friends and a different attitude. Our friends should be there for us more/ give us our space, talk about others to us, but not about us to others, and should be more/less spiritual. Then there are the people in the neighborhood who should be more friendly, less nosy, mow the lawn more (except not on Sunday morning), lend their tools or return your tools more readily.

Don't forget the merchants with whom you do business. They should have more efficient service, lower prices, more selection and stay open longer (or stay closed on Sunday). What about the government? Certainly we would all be happier if we had lower taxes, more services, more growth, less inflation, and fewer politics. But then there is still the weather. If we had longer summers, milder winters, no rain on long weekends, and just enough snow for skiing and white Christmas but not for bad driving and shovelling, then it would be good.

One day we will not exist. What will happen to our 'problems' then? If they won't matter then, they probably do not matter that much now either. What does matter is that each day is a gift. It is given like a gift certificate, which we may spend however we choose. It is, however, only valid for this day. Spend it wisely, spend it well. Use it for some joy.



*Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*

## Bearbells by Leslie Noonan



Awenda Provincial Park has always been a favorite of mine during the summer and fall, yet I have never taken advantage of its winter trails for snowshoeing. I arrived at the parking area, and almost turned around. I have never seen it so busy, and as you all know, I don't like company on the trails. As it was later in the

afternoon, I really didn't have an option to travel to a different area and resigned myself to a less than optimal afternoon trek. I could not have been more wrong.

It began when I stopped two young ladies from Quebec, holding snowshoes, where the best trails began. These lovely girls where friendly, and happy to send me towards the beach trail. I then went in search of the pay kiosk I had always used before, only to find it replaced with directions to an on line app. Except, there is no cell signal to access the app. Enter the park warden, touring the parking area and handing out passes to those with cash or a credit card. Umm, I only bring my licence and debit card to avoid having my cards stolen if my car is broken into. Here is where the next good person of my day steps in, as a completely stranger overheard me talking to the ranger and paid for my pass. Thank you, and I will pay it forward.

I headed out on a very packed down trail, which I absolutely hate for snowshoeing. Pessimistic me again resigned myself to a disappointing hike. I pushed on, and headed down a long slope that ended below the bluff and out to the beach. I am no longer disappointed; I am in awe. The wind hits you first, a piercing cold that reaches into your clothing. Then the sound, as though a jet is taking off close by. As you step out onto the beach, the dark clouds lay low on the horizon, and the grey waters roll in large breakers towards the shore ice. Over to the left, there is a spit of land that juts into the cold waters. The spit is covered in large glistening blocks of blue ice, and as the cold waves roll towards them, the waves



break with the sound of rolling thunder, and send of spumes of ice water thirty feet in the air.

As so often happens, the majority of people turned around here at the first beach, allowing me to continue on down a little used trail toward beach four. It is here that I am glad to have my snowshoes, as the trail is less used and the drifts from the continuous winds are often deep. I spent the next kilometer or so travelling along the beach and through silent forests. The trail ends at a western facing beach, studded with large rocks. I sat down on one of these rocks and breathed in the cold winter air and let my mind calm. Here is what I needed, solitude. I returned the way I had come in, my trail in all but obliterated by the drifting snow. At beach one I decided to try the Nipissing trail rather than the route I had come in by.

The Nipissing trail is really only a summer trail, as it takes a steep route up the bluff using stairs. In the winter, these stairs become encased in ice and snow and become a slippery slide, suitable for training for the Olympic luge team. I advise you hang onto the railing as you scramble up the slope. From here I returned back to my car, about two and a half hours and about eight kilometers. Although I must admit, I spent a significant amount of time stopping to admire the scenery.

### Did You Know?

Frozen fruits and vegetables have the same nutritional value as fresh and sometimes they're even better for you as they are picked at their peak ripeness and are flash frozen to trap in the maximum nutrients. When choosing frozen dinners and other frozen convenience foods have a look at the nutrition facts label to comparison shop for the healthiest products. Keep the following guidelines in mind when visiting the frozen food aisle:

1. Aim for less than 4 grams of saturated fat.
2. Choose products with less than 800 mg of sodium (table salt).
3. Ideally, there should be 3-5 grams of fibre or more.
4. Aim for at least 1 serving (1/2 - 1 cup; 125 – 250 ml) of fruits or vegetables.
5. Choose frozen dinners with whole grains & lower fat proteins.
6. Buy frozen dinners that are fried or made with cream sauces less often.





While the season of Spring is just a short 18 days away, arriving on March 20 at 5:24PM, old man Winter isn't going to give way. This year winter has seen its ups and downs with rain, freezing rain, snow, whiteouts and temperature fluctuations. The next several weeks will see below seasonal temperatures and what we have lacked this winter, snow. At this time of the year we should be experiencing daytime temperatures on the plus side of 0 but according to the weather forecast, there will only be a few days where that will happen early this month. We know that we had a very short season with our outdoor rink but have you heard that in Ottawa, which is home to the Rideau Canal Skateway, that for the very first time since it was opened in 1971 it did not open this year. Even during the world wide health crisis of the past several years they managed to keep it open but the weather this year was just unpredictable and they couldn't safely allow people on it. Certainly most of us do enjoy milder temperatures but not at the expense of our favorite winter outdoor activities.

As was noted in previous columns, our local wildlife is very active this year. Just in the past week there have been sightings of what appeared to be coyotes in the village. It is prudent on all animal owners to watch out for their pets whether along the trails, in the forest or even in your own yard. While on the topic of in the forest or on the trails, a reminder that the township does have a bylaw concerning dogs and that off property they must be leashed. Not everyone or every dog is friendly so your consideration of others is appreciated.

It had been noted that the elusive Snowy Owl hadn't been seen or reported to be seen locally this year. A reliable source has indicated that one has been seen and hopefully more will be spotted most likely on top of a roadside pole. Have a lookout when out driving in the countryside and you may see one before they head back to the arctic circle.

On the evening of February 16 the Anten Mills Community Recreation Association held their annual general meeting at the community centre. A review of the very successful 2022 season was conducted and our community shined with the events held. For 2023 the CRA will be holding events that again incorporate our past and those that others have agreed to coordinate. To start, euchre is being held every Thursday evening at the community centre. The Sunday morning Play Group in the Village will continue until early May. On the Easter weekend there will be the annual Easter Eggstravaganza and Bunny Run. Through the summer there will be Sunday morning pickup softball and a couple of movie nights. At the end of September there will be the Anten Mills Autumn Artisans and Crafters

ANTEN MILLS by Dennis Gannon

Fair. The weekend of October 27 the community will celebrate Halloween in fine fashion with the first Witches and Warlocks Walk along with the kids Halloween Bash. More details on these events will be forthcoming as plans are developed. What would Anten Mills be without our Christmas in the Village which will be December 9 and 10. Mark these dates down on your calendar and remember, help is always appreciated by the coordinator and the CRA so feel free to reach out.

The CRA also had community members step forward to hold the required positions for the year. Thank you to Lawrence Pavan who will be Chair, Crystal Manual who is Vice Chair, Karis Abele who has taken on the role as Secretary and Rick Hutchinson and myself who will be Directors. At any time there are questions about the role of the CRA in the community please reach out to any of the people listed above.

At the meeting those in attendance were provided a demonstration on an exercise program that Sheila

rope and saw the benefits as well. The CRA realized there is benefit to our community members and as the role of the CRA is to endorse and support activities beneficial to the community, agreed to host it. What equipment do you need to participate? A willingness to watch and learn and for the first session or so a skipping rope like you had when you were younger. A 12mm nylon rope is best but you can get that after you try the exercise out and see if it's for you. Speed or cable type ropes that you find in sports departments do not work. Remember there is no skipping but you are using the rope to make your body move. To introduce the program to the community, sessions will be held on Monday afternoons starting around 4PM at the community centre. Depending on the success and when participants want to meet, the time and day may change. Sheila came across Rope Flow during Covid and started her own Instagram account, @grandma\_moves to embrace daily movement as part of a healthy lifestyle. Flow Rope is quickly gaining popularity due to its portability and versatility and it is also great mental training. Join in this Free, Fun program and thank you Sheila for bringing this to our



Nollert, a community member thought would be beneficial to many, particularly those who aren't into yoga or intense activity exercise programs. Sheila gave a demonstration on Rope Flow. Rope Flow to quote, is related to jump rope but different in that there is not jumping. Instead, the focus is on rotational movement - full body experience. Rope Flow improves mobility and joint health and is a great tool to reduce stress. It is an activity that is available to adults of any age. Sheila's demonstration was well received and those in attendance were amazed at how simple it was, just using a rope similar to a skipping

community. Sunday, March 12 we change our clocks ahead one hour as Daylight Saving time begins. It's also a great time to change the batteries in your smoke alarms and to check their age as well. Smoke alarms have a life expectancy of 10 years and even if you think they still work, they must be changed out. The Springwater Fire Department has more information if you need it and can be reached at 705 728 4784 ext 2016. That's all for this week, THANKS for READING and BE WELL.

RVH partners with IMD Health to combat medical misinformation



Photo above: RVH Health Library Technician Donna Smith-Roselle.

February 16, 2023 - The Royal Victoria Regional Health Centre (RVH)'s Health Library is pleased to partner with IMD Health to provide easily accessible, trusted health information for patients and their

families. "The spread of false and misleading information is increasingly prevalent in the age of social media, which has been made worse by the COVID-19 pandemic," says RVH Health Library Technician, Donna Smith-Roselle. "Our new partnership will enable more people to have greater access to reliable information about their health." IMD Health is the largest digital patient education platform in Canada, bringing together content on more than 6,000 medical topics through a variety of media-rich formats, including articles, images, infographics, videos, and pamphlets. Through extensive partnerships with over 100 trusted content providers, such as the Alzheimer's Society of Canada, Canadian Cancer Society, Canadian Paediatric Society, Canadian Mental Health Association, Crohn's and Colitis Canada, Diabetes Canada, Health Canada, March of Dimes Canada, and many more, the platform aims to bring patients easy-to-use, world-class resources that are relevant to their health journey at RVH and throughout the community.

"We are excited to offer credible, current health information all in one place to help advance patient-centered care and health literacy within our hospital and its external clinics. We have operated a Health Library now for 25 years, which is used by both the community and staff. The Health Library is an integral part of the hospital's commitment to provide the newest, evidence-based health information to physicians, staff, patients, and visitors," says Gail Hunt, RVH President and CEO. The IMD portal is accessible to anyone for free and without registration through the RVH Health Library's website or through the new patient portal, my health care. "This is a positive step forward towards improving access to trusted patient education, while reducing the need for patients to search the internet where there is so much misinformation," says Jared Sonnenberg, Vice President, Product & User Engagement at IMD Health. "We look forward to working with RVH to assist in providing more resources and digital access to their patients and families". Submitted by Donna Danyluk

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WYEVALE NEWS by Karen Moreau

Hello again everyone from Wyevale and surrounding area. It’s very hard to believe how fast time flies by. Just seems it was only yesterday I did a report. Hoping everyone is well. Let’s hope spring comes soon.

News from Wyevale United Church:

Wyevale Book Clubs next meeting will be held in the basement of the Church at 2:00 p.m. on March 8th. All are welcome.

Wyevale Youth Group next meeting will be held in the basement of the Church on March 17 @ 7:00 p.m. If you require further info please contact Pat Smith.

Wyevale Church are holding a MacMillian Cookie etc fundraiser. Orders are due March 19th, to Gillian Reynolds and delivery is April 20th.

World day of Prayer to be held at St. Paul’s in Midland on March 3rd at 1:30 p.m. All are welcome.

Happy Birthday to Pat Smith, Cheryl Hall, Donny Woods, Michael Blow, Don Matheson, Sharon Caston, Amanda Withall, Scott Marshall, Travis Marshall, and Ross Withall.

Reminder the next publishing date will be March 12th 2023



Photo above: Cory Woods sent this version of “valet parking in New Liskard”. Photo taken outside his hotel room while on snowmobile trip. Submitted Feb. 21, 2023

Finding Her Princess at Wye Marsh

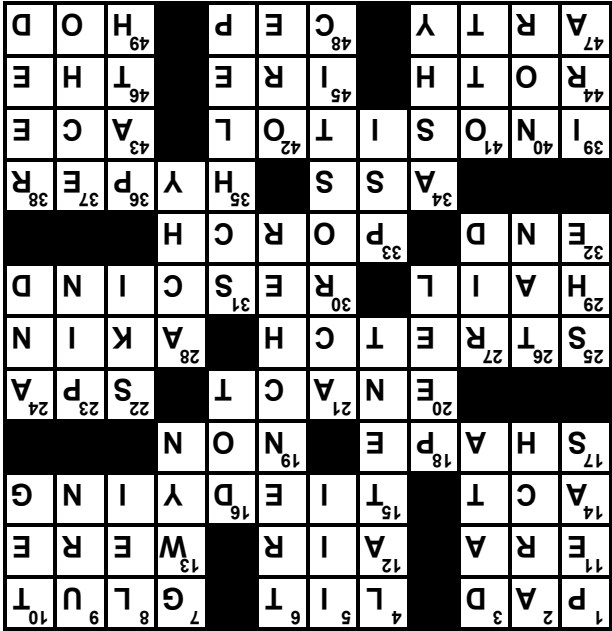
Submitted by Jayne Seagrave  
February. 21, 2023 - Midland - Like many entering their golden years, best selling travel writer Jayne Seagrave was reflecting on those who have had an influence in her life. In these thoughts her mind wondered to the men who featured in a significantly way at various times, but whose existence and affect upon her had not been recorded. She was looking for a way to mark their influence but was uncertain how this could be done. Then she read about the adoption program at Wye Marsh.

“It was a fantastic way to give to the preservation of wildlife while at the same time remembering the six men who have been so special to me and who I look upon with sincere, deep affection. I adopted six tree frogs and in filling in the details of their adoption named each frog for a man in my life: Bob (father), Cherry (friend), Chris (boyfriend), Andrew (husband), Jack and Sam (sons). I chose the frogs because of the Grimms fairy tale about the princess who kisses the frog who wants her friendship and who then turns into a prince. All these six men have or remain princes in my life.”

As a non-profit organisation Wye Marsh is committed to connecting people to nature and to promoting an understanding of the vital importance of wetlands. Animals up for adoption include swans, birds of pray, chickadees, reptiles and of course frogs. However, the kissing of the frogs while visiting the Marsh is forbidden...

You can escape, explore and experience local wildlife year-round at the Wye Marsh. Discover inspiring environmental programs, workshops, and more at [www.wyemarsh.com](http://www.wyemarsh.com) or call 705-526-7809.

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**Vanishing Barns:** Remembering the 18<sup>th</sup> century gentle giants through photos, stories, diaries and genealogy.

Cathy Johnston Walton

Available from Cathy Walton at 705 728-1388 or [snow-flake53@mail.com](mailto:snow-flake53@mail.com)  
Ritchie’s Feed or Simcoe County Museum.

**Vanishing Barns** - Cathy Walton has been researching barns in Flos and Vespra Townships (now Springwater) for the last six years and has published the results in the book “Vanishing Barns”.

If you are interested in a copy, please contact Cathy at 705 728-1388 or [snow-flake53@mail.com](mailto:snow-flake53@mail.com).

Concession 10, E ½ Lot 5, Vespra Township  
2444 Ronald Road, Springwater Township

Owners		
1916-1967	Roger and Marie (Nichol) Giffen Walter and Otteline (Giffen) Downey Isaac and Rachel (Campbell) Downey	<b>Built:</b> second barn built in 1915, demolished in 1995 <b>Dimensions:</b> older barn was 55 x 60’ <b>Water Source:</b> dug well with windmill, driven well in 1938 supplied 3 houses and barns.
1899	Mr. McCullough	
1884	Peter Knapp	
1882	Jas. Kirk	
1872	Andrew Bell	
1865	Henry B. Parkhouse	
1846	Canada Company	

The older barn was a high barn with barn bridge, full stable, and mows above. The second barn had two rows of stanchions for cattle. Two thirds of the barn had a stable with a loft over the stable. The rest of the barn had a full mow from the ground up. There was stabling for horses and a litter carrier. Walter Downey built an Allis-Chalmers farm machinery and service business in 1946.

Alan Johnston, *A History of the Community of Minesing* p. 88.



(Photo courtesy of Doreen Lambie)

Canada Company

The Canada Company was a large private British land development company. It was given royal assent in 1825 under an act of British parliament. It was set up to help with the colonization of Upper Canada. This involved managing undeveloped crown and clergy reserves. It was founded by John Galt, its first superintendent. The company was successful in surveying and subdividing the Huron Tract. Roads, mills and schools were built and lots were advertised to buyers in Europe. John Galt was recalled to Great Britain in 1829 for mismanagement. This mismanagement and corruption contributed to the Upper Canada Rebellion in 1837.

The Canada Company provided good ships, low fares, implements, tools and inexpensive land to those wanting to immigrate to Canada. New settlers were brought by boat on Lake Ontario. While the land was sold, the mineral rights were reserved to the Canada Company. In 1919 the mineral rights went to the Crown. The Legislative Assembly of Ontario authorized the rights to landholders in 1922 and 1923.

Initially there was 1,384,413 acres of Crown reserves and 1,100,000 acres from the Chippewa First Nation in 1827. By 1938 there was only 20,000 acres of unsold land. By 1950 the 4,207 acres remaining was distributed amongst Lambton County, and the Counties of Leeds and Grenville and Lanark County. The remaining unsold land became Pinery Provincial Park in 1951.

Clergy reserves were tracts of land in Upper and Lower Canada reserved for the support of Protestant clergy by the 1791 Constitutional Act. One-seventh of all surveyed Crown lands were set aside in a checkerboard pattern and leased between 1791 and 1819. This did not work well because the land was often abandoned after the timber had been taken off. Little revenue was created with the Province managing the clergy reserve. In 1819 John Strachan objected to the amount of clergy reserve being given to the Canada Company. As chairman of the Clergy Corporation he secured an Act from the British Parliament to sell up to one-fourth of all reserve land. This would ensure monetary support of 200-300 Anglican clergymen. In 1840 an Imperial Act was passed distributing future sales to the Churches of England and Scotland and all other churches.

Wikipedia at [en.m.wikipedia.org](http://en.m.wikipedia.org)

(Little was uncovered about the Canada Company working in Simcoe County, other than listing owners who bought from them.)



## Community Events All The Time

### ONGOING EVENTS:

**Bid Euchre**  
Elmvale Community Hall 1 pm - 4 pm  
Every Monday.  
Call Anne for details 705-322-1232

**Midland Bridge Club 427 William St, Midland**  
**Mon. 12:45pm:** Duplicate Bridge, **Tues 6:45pm:** Social Bridge, **Thur. 12:45pm** Duplicate Bridge, **Fri. 12pm:** Bid Euchre. Contact Vern 705-730-9998. Possible lesson if desired. midlandbridge@gmail.com

**Good Vibes**  
Every Thursday night from 7 to 10 p.m.  
An open-mic music event Our location is the little white schoolhouse at the corner of Mount St. Louis Road and the 4th Line of Oro Medonte. Admission is a donation of \$5.00.

**Let's Do Lunch \$5:**  
Elmvale Presbyterian Church  
Take-out- held 2nd Thursday of the month: to order, call 705-322-1411 between 9 and 3pm on the Monday previous for pick-up Thursday between 11:45 and 12:15 at the East side of the church, 22 Queen St. E. Delivery in town only.

**BARRIE-KEMPENFELT PROBUS CLUB**  
Meets at 10:00 am, third Thursday of month  
Canadian Legion, 410 St. Vincent Street in Barrie  
Main Contact: Chief Information Officer, Robert Newby, barriekempenfelt72@gmail.com (705) 220-3501

**Bay Shore Senior's Club**  
Activities are in full swing - check out website at www.bayshoreseniors.ca for all activities.  
Call 705 361-1331.

**E.D.G.E. Elmvale District Garden Enthusiasts**  
Meetings held 4th Thurs. of each month, 7:00 pm at Elmvale Legion.  
Guests always welcome, no charge bring a friend.

**Coffee Party**  
Last Thursday of the month 9:30 - 11a.m.  
Elmvale Presbyterian Church  
All Welcome, Cost: \$3

**Low Impact Gentle Fitness Program**  
Weds. at 10am & Fri.'s at 11am  
Elmvale Community Hall, VON SMART Program  
Adults 55+ FREE  
Bring good support (running) shoes and water  
Call 705-355-2200 to register or walk ins

**Georgian Bay Coin & Stamp Club**  
3rd Thursday of each month, 6:30pm - 8:30pm  
Prime Time Club, 1724 Mosley St., Wasaga Beach  
1st Tuesday of each month, 6:30 pm - 8:30pm  
(North Simcoe Chapter) Penetanguishene Memorial Arena, Brian Orser Lounge, 2nd floor. 61 Maria St.  
For more info.: www.geobaycoinstampclub.ca

**Elmvale Legion**  
Tuesdays at 1 pm  
Table Shuffleboard, Cost \$1

**Palace Tavern Elmvale BINGO**  
Every Tuesday night  
Midland Rotary proceeds 6:30 pm to 7:30 pm  
Barrie Rotary proceeds 6:30 pm to 7:30 pm

**Wasaga Beach Parkinson's Support Group**  
1st Thursday of each month, 12:30-2pm  
Wasaga Beach Public Library meeting room, 120 Glenwood Dr. All Parkinson's patients & caregivers welcome. For more information contact Phil Bender 905-703-6248 bender.philip@gmail.com

## Community One Time Events

### SPECIAL EVENTS:

**'A TINY Month of Giving'**  
February 13 - 26, 2023  
In support of the ELMVALE FOOD BANK  
**Drop off locations:** Township of Tiny, Ecole Sainte-Croix, Wyevale Central P. S.  
**Township Supporters:** Tiny Township Fire Department, Tiny Township Lions Club, Paroisse Sainte-Croix, St. Patrick's Catholic Church, Wyevale United Church, Bayshore Senior Citizens Centre, Georgian Shores Swinging Seniors, and Le Club de L'Age d'Or.  
**Organized by:** Bahá'í Community of Tiny, For more info call: Darlene Paterson 705-361-1075 or John Raynor 705-526-4927

**LIONS Spring into Easter**  
Sat. Mar. 4, 2023 10:00am-4pm  
Sun. Mar. 5 10am-3pm  
Craft and Vendors Show at LIONS Den Hall, Wasaga Beach Rex Plex. Lunch available.

**FREE Income Tax Clinic**  
March 4 to April 30, 2023  
Community Volunteer Income Tax Program/ Elmvale Library, (for Elmvale, Midland, Wasaga Beach, Hillsdale and the surrounding areas)  
The Elmvale Public Library will be hosting a FREE income tax clinic for moderate to low income earners. This year volunteer tax preparers will be offering in person appointments at the library. In addition to phone and drop off support.  
How to access the FREE Clinic:  
1. In person by appointment at the Elmvale Library, phone 705-322-1482  
2. By phone, call the Elmvale Library and leave your contact details, a volunteer tax preparer will contact you.  
3. Drop off your tax documents at the library... include your date of birth and contact information, place in a sealed envelope labelled with your name and Income Taxes.  
Please note we cannot prepare complex tax returns i.e: for deceased, bankrupt, self-employed, business or rental income. The Community Volunteer Income Tax Program operates in collaboration with Canada Revenue Agency.

**Exploring Diamond Painting Art**  
March 6th at 12:30pm, workshop starts at 1pm.  
Simcoe County Arts & Crafts Association is hosting this special workshop at Simcoe County Museum on. Everyone Welcome! Members \$8. and Guests \$13. Deb Yandt will be teaching us on a 8"x 10" floral or landscape canvas. She will share her tips and tricks on working your project and finishing techniques. Please register at 705-835-5795 or littlerockimages@simcoe.net

**Elmvale Maple Syrup Festival**  
Sat. April 29, 2023

### Deadline Approaching to Nominate Environmental Champions

February 27, 2023 - Port McNicoll, Ontario – There is still an opportunity to honour local persons and groups who have made an environmental difference in the Severn Sound Region. Nominations for the upcoming Severn Sound Environmental Association's Environmental Champion Awards close this Friday, March 3rd. More information on how to nominate a deserving group or person can be found at <https://www.severnsound.ca/Pages/Award-Nomination-Forms.aspx>.

There are four categories this year including:

- Severn Sound Environmental Legacy Award;
- Severn Sound Student Environmental Champion Award;
- Severn Sound Environmental Volunteer Champion Award; and the
- Severn Sound Environmental Sustainability and Stewardship Champion Award

These awards will be handed out at the SSEA Environmental Champion Awards Ceremony taking place March 24th in Coldwater.

## Applications Open for Canada Post Community Foundation Grants

\$12.3 million granted to programs benefitting children and youth since 2012

February 13, 2023 - Ottawa – The Canada Post Community Foundation is now accepting grant applications for 2023. Canadian charities, schools and community organizations that provide programming for children and youth (up to age 21) can apply for the grants, which range in value up to \$25,000. Up to four \$50,000-Signature Grants are also available, including the Indigenous Truth and Reconciliation Signature Grant, introduced last year.

Applications will be accepted from all communities across the country with a focus on local grassroots initiatives, such as literacy and language programs; youth outreach services; programs supporting Indigenous youth; gender diversity programs; arts and recreation projects and many others.

The deadline to submit applications is March 9 at noon (Eastern Time) through the Community Foundation website at [canadapost.ca/community](http://canadapost.ca/community). Grant recipients will be announced in August 2023.

**Making a difference in Indigenous communities**  
Local and regional groups that represent First Nations, Métis, Inuit or Urban Indigenous Peoples and that offer programs supporting these communities are once again encouraged to apply for the Indigenous Truth and Reconciliation Signature Grant. Valued at \$50,000, the grant supports educational initiatives for children and youth that enhance understanding of Indigenous culture and foster meaningful conversations in the spirit of reconciliation.

The first recipient of this grant was the Northern Nishnawbe Education Council in Sioux Lookout, Ontario, to support its “Wake the Giant” program, a cultural awareness project aimed at creating a more welcoming and inclusive city for Indigenous People, youth and their communities.

**About the Foundation**  
Established in 2012, the Canada Post Community Foundation is a registered charity that operates at arm's length from Canada Post. It has granted \$12.3 million to more than 1,100 community projects nationwide. With every dollar raised going to children's charities and community organizations across the country, the Foundation plays a key role in helping Canada Post achieve its purpose, A Stronger Canada – Delivered.

Submitted by Lisa Liu, Media Relations, Canada Post

### Elmvale Food Bank

Elmvale & District Food Bank is Giving Back Through a Caring Community.

#### Food list of Items Currently Needed

Canned Potatoes  
Cream corn  
Cream of Chicken Soup  
Canned Stew  
Canned Chilli  
Canned Meat - canned chicken  
Kidney Beans  
Jam  
Soda Biscuits  
Cookies  
Cake Mixes  
Pudding Mix  
Drinking Boxes  
Green or Yellow beans in can  
Canned Tomatoes

The food bank will gratefully accept any donations of food items. When these items are donated it will save them from having to purchase these items.



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**CHECKING IN@PPL**

News &amp; Events at the Penetanguishene Public Library

24 Simcoe Street 705-549-7164  
www.penetanguishene.library.on.ca**PD Programs are here!****Seniors Program – Walk, Talk and Lunch – Keeping Seniors (55 and over) active and healthy!**

Two walks have been organized for seniors on Tuesday, March 21, 2023. One starts at 10:45 commencing at the Penetanguishene Arena (long walk). The other starts at 11:15 commencing at the Penetanguishene Arena (short walk). Lunch will be served at 12:00 at the Arena. (Soup, bun, salad and dessert!)

This program is open to seniors with a library card and is free. Join others for nice conversation and a pleasant stroll through the neighborhood. Please register in person at the library with your library card.

**Dementia Mini Series**

The Alzheimer's Society will hold an educational mini-series on Dementia providing general knowledge and awareness to participants. A series of sessions will start on February 24th, and continue on March 7th, and March 14th from 1:00 – 2:30 pm at the library. Topics include communication and preparedness for risks of gone missing. Registration required at the library. Participants do not need a library card to join this program. Open to anyone! Refreshments will be served.

**Senior Men in Aprons**

This programs encourages men to make meals for one while socializing with others. Register with your library card by March 6th. Cook your meal at the Brian Orser Hall, Penetanguishene Arena on March 9th from 11:00 am to 1:00 pm. Free of charge.

**Storytime**

The Paper Bag Princess by Robert Munsch. March 2nd, from 10:00 – 11:00 am. Join us for Storytime, parade and a craft.

**Bath Bombs for Kids**

Make 3 – 4 large Bath Bombs in different sizes and colors. Sign up with your library card in person and reserve your spot for Tuesday, March 14th.

**March Break**

Bowling! For ages 8-14 years. Enjoy making new friends while bowling at the Knight Heaven Lanes. Sign up with your library card. We will bowl on March 15th from 10:00 – 11:30 am. Cost: \$5.00 per participant. Snack included.

**Explore the World**

Take a trip around the world with games, crafts, art and music! Registration required by March 14th.

This program will be held on Friday, March 17th from 10:00 – 11:00 am. Free!

**New @PPL**

Participate in Board Meetings. Open to the public. Next meeting February 27th, at 6:30 pm.

**CLASSIFIED****Items Wanted****DOWNSIZING?- SETTLING AN ESTATE?**

We pay cash for **VINTAGE & ANTIQUE** items dealing with - Fishing (old lures, fish baskets, rods) - trains (model, lanterns) - boat steering wheels - horse items (saddles, brass, harness, chaps, stirrups) - old toys - radios - musical instruments - Militaria - advertising signs & tins - old stained glass windows - ironware - pictures - crystal - fine china - knives - Small wooden furniture - First Nation's art - Bar decorations - old hats & accessories - fine jewelry & other items of sterling silver & gold - coins - Asian art - clock & watches - old scientific & medical pieces - maps - oil lamps - crocks & farm items or **ANYTHING FROM 1970's & BEFORE. PLUS** CDs & LPs of Rock & Roll & Jazz from the 1950's to present day.  
**Please call Peter at 705-322-3484**

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VendorMarketLC@gmail.com

VMLC.CA

**Call Brian or David 705-220-2433 or email vendormarketlc@gmail.com**

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Calling all clothing lovers....

**Sharewear, the Unique Boutique**, is a new and pre-loved clothing outlet that is entirely FREE. Yep, you read that right! Located in the beautiful town of Elmvale, our mission is to create a special environment where style meets purpose. Come enjoy the newly renovated friendly environment while browsing for a one-of-a-kind find.

**Our store is located at 9A Queen Street East, just steps from the four corners!**

Our hours are:

Tuesday & Wednesday 10:00am until noon

Tuesday 6:00-8:00pm

Wednesday 3:00-5:00pm

Thursday 10:00am until noon

Saturday IF FLAG IS FLYING WE ARE OPEN

**FEBRUARY FOOD BANK DRIVE****MISSION STATEMENT**

In the spirit of building a cooperative and more vibrant community, the Bahá'í Community of Tiny would like to extend this collaborative opportunity to organizations within the Township to participate in this FEBRUARY FOOD DRIVE.

The Bahá'í community of Tiny, established since 1986, is a Faith based community that strives toward the betterment of mankind in the promotion of unity in all walks of life.

In consultation within our own community, this endeavour of a social outreach comes at a time between the largest and most giving times, predominantly Thanksgiving, Christmas and Easter. February, becomes a time when needs grow greater and donations become more scarce. It also coincides with the period when Bahá'is host a celebration of hospitality, charity and the giving of gifts.

We now take the opportunity to extend an invitation to the greater community of the Township to participate in this collaborative initiative of a February Food Bank Drive, 'a TINY month of giving'.

**COLLECTION PERIOD**

**February 13 - February 26, 2023**

Food Bank Presentation: March 1, 2023 - 10:00 am  
Submitted by The Bahá'í Community of Tiny Township, email: lsatiny@yahoo.com

Phone Contact: Darlene Paterson 705-361-1075 or John Raynor 705-526-4927

**AUCTION NOTICE**

online auctions anywhere

**UPCOMING AUCTIONS**

**Tim Polhamus Estate Content Auction, Wallaceburg** - Mar. 5-9

1977 Harley-Davidson, LP's, Native art, Pepsi collectibles, phones

**Estate of Jeffrey Lawrence, Orillia** - Mar. 12-16 - John Deer riding lawn mower, vintage Pyrex, display cabinet, pine furniture, safe

**Lifelong Collection Dispersal Auction, Simcoe** - Mar. 19-23

Carnival & Amberina glass, bronze sculptures, limited edition prints

**March Madness Multi Consignor Auction, Guelph** - Mar. 26-30

stamp collection, jewellery, tools, coins, furniture, comics, LP's

**Wallaceburg Riverfront Real Estate**

**Auction** - Mar. 10-20 - an exquisite property located on the Sydenham River



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**NOTICE****Cheezers Co-ed Soccer Registration**

Registration for soccer for ages 3 - 15 yrs old is at the Springwater Library, Elmvale:

**10 am - 1 pm**

**February 25 (Springwater Residents only)**

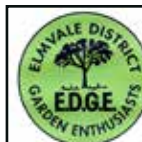
**March 25 (Open to ALL)**

**More dates to follow in April**

**\$40 per player**

**Starting Thursday May 11 at 6:30 pm**

Call **Doug Tinney 705-322-3239** for more information or email: elmvaluesoccer@gmail.com.  
The soccer play time is at 6:30 pm



**EDGE March Meeting**  
**New date and place**

Wednesday March 22nd

at the **Elmvale Library** 7:00 p.m

**Speaker:** Kevin Van Andel, Master Gardener  
**Topic:** Fertilizers and Soil

**HALL RENTAL****ELMVALE LIONS HALL RENTAL**

1979 Flos Rd 7 W, Elmvale

Great for weddings, banquets, meetings, seminars, birthday parties, family gatherings, anniversaries, buck & does or community events.

**Family too large to host Christmas Party in your home?**

**Cost: \$350.00**

**Fully LCBO licenced facility.**

Bartender available for hire.

**Commercial kitchen** and all meal serving items are included. Stage.

**Capacity indoors:** 125 in hall

**Capacity with outdoors:** 184 if using outdoor facilities with a port a potty rental  
**Outdoor facilities:** 8 natural acres, outdoor licensed patio, horseshoe pits.

**Call Lion Bob Coe to book 705-322-4484**

Springwater NEWS

**YOUR "GOOD NEWS" PAPER**

18,650 papers delivered via Canada Post to Townships of Tiny and Springwater. 1350 papers delivered to local news stands. Online hits average 17,000 per month. Published every two weeks.

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OPP REPORT

FEDERAL OFFENDER WANTED



(TORONTO, ON) - The Repeat Offender Parole Enforcement (R.O.P.E.) Squad is requesting the public's assistance in locating a federal offender wanted on a Canada Wide Warrant as a result of his breach of Statutory Release.

Jahson SANDERSON is described as a male black, 34 years of age, 5'10" (178cm), 180lbs (82kgs) with black hair and brown eyes. He has a number of tattoos. On the front of his neck he has a Banner of Flowers with words "Want Heaven", on the side of his neck "Isha", as well as "Pride is Forever". On his right forearm he has a Skull with Diamonds as well as the name "Jessica". On his left forearm he has a Baby Footprint with a name and Date of Birth. On his right hand he has the word "Life".

He is currently serving a five (5) year, seven (7) month and six (6) day sentence for Assault Cause Bodily Harm, Assault with a Weapon, Break and Enter with Intent, Motor Vehicle Theft, Operate Motor Vehicle while Disqualified, Theft Under \$5000, Fail to Comply with Probation Order and Fail to Comply with conditions of Undertaking.

The offender is known to frequent the Barrie and Orillia areas.

Anyone having contact with this offender or information in regards to their whereabouts is asked to contact the Provincial R.O.P.E. Squad at 416-808-5900 or toll free at 1-866-870-7673 (ROPE) or Crimestoppers at 1-800-222-8477 (TIPS) or call 9-1-1.

Snowmobile Collision Sends One to Hospital in Tiny Township

(Tiny Township, ON) A snowmobile operator suffered significant injuries after losing control of his vehicle late last evening. On February 24, 2023, just after 11:00p.m., members of the Southern Georgian Bay detachment of the Ontario Provincial Police and Simcoe County Paramedics responded to a report of a snowmobile collision in the Lafontaine area. The 24-year-old operator of the machine was located at a nearby residence. He was transported to a local hospital however, as a result of his injuries, he was airlifted to a Toronto-area hospital by ORNGE Air Ambulance.

The investigation is ongoing, the collision occurred on OFSC trail # 303 approximately 1 km from Chemin Du Loup in Tiny Township. The scene is being examined by members of the OPP Central Region Technical Traffic Collision Investigation (TTCI) unit. No charges have been laid.

The CAFC's Top Scams in 2022 Southern Georgian Bay

The CAFC's Top Scams in 2022

February 21, 2023 (MIDLAND,ON)- Members of the Southern Georgian Bay Detachment of the Ontario Provincial Police and the Canadian Anti-Fraud Centre (CAFC) are continuing to promote awareness of the ongoing frauds and scams that are presented on various platforms daily to help reduce

victimization of community members.

In 2022, the Canadian Anti-Fraud Centre (CAFC) received 90,377 fraud reports involving over \$530 million in reported losses.

The top frauds based on the reports in 2022 are as follows:

Leading the way with over 19,400 victims are Identity theft and fraud (antifraudcentre-centreantifraude.ca) with over 19,400 victims and Investment type frauds with 4251 victims losing over \$308 million Canadian dollars. For a further overview of various frauds please view the following link - Scams by A-Z index (antifraudcentre-centreantifraude.ca) and be aware!

Tips to Protect Yourself

- Create strong passwords for each of your accounts.
- Setup multi-factor authentication to make it more difficult for someone else to access your accounts.
- Update the privacy settings attached to your social network accounts.
- Be familiar with the terms of service and how payment methods work before using them. Look for a fraud protection policy.
- Never, under any circumstances, accept money and send money to a third party. You may be participating in money laundering which is a criminal offence.
- Avoid reacting automatically. Take five minutes to ask additional questions and listen to your instincts. If something doesn't seem right, ask someone else you trust about it.

o Note: Encourage others to take five minutes via social media by using #TakeFive and tag us @canantifraud.

• Remain current on frauds and protect others by sharing what you know. Tell two others and ask them to do the same. An unbroken chain of 25 people telling two would cover the entire population of Canada.

o Note: If you are going to tell two via social media, use #Tell2 and tag us at @canantifraud.

- Do not trust the information on your call display because it can easily be manipulated.
- Do not provide your personal or financial information on demand.
- Do not open an attachment or click a link in an unsolicited email or text message.
- Learn more tips and tricks for protecting yourself.

Anyone who suspects they have been the victim of cybercrime or fraud should report it to their local police and to the Canadian Anti-Fraud Centre's online reporting system or by phone at 1-888-495-8501. If not a victim, report it to the CAFC anyway at Report fraud and cybercrime (antifraudcentre-centreantifraude.ca)

Two Impaired Drivers Facing Charges in Midland and Tiny Township

(TINY TOWNSHIP & MIDLAND, ON) Members of the Southern Georgian Bay detachment of the Ontario Provincial Police have arrested and charged impaired drivers in two separate incidents over the weekend.

On February 19, 2023, just after noon, a witness observed a vehicle strike a building belonging to a business at Balm Beach. The driver briefly exiting the vehicle and was displaying signs of impairment. He soon returned to his vehicle and left the scene, heading eastbound on Balm Beach Road in the Township of Tiny. The witness provided a description to police who began to search for the vehicle. A short time later, officers located the vehicle on travelling on Balm Beach Road at Baseline Road and noticed it was being operated in an erratic manner. Police stopped the car and spoke with the driver who was displaying signs of alcohol impairment. The individual was placed under arrest and transported to detachment to provide a breath sample.

As a result of this investigation, Kalton KING, 26 years of Midland was charged with the following offences contrary to the Criminal Code and the Liquor License Act

- Operation while Impaired
- Operation with a Blood Alcohol Concentration 80 plus
- Driving a Motor Vehicle with Open Container of Liquor

The accused was released from custody to appear before the Ontario Court of Justice in Midland on March 9, 2023

On February 20, 2023, around 1:15 a.m., an officer on patrol was travelling on Hugel Avenue in the Town of Midland and observed an oncoming vehicle swerving from the shoulder of the roadway then into the opposing lane. The officer turned around and stopped the vehicle which pulled into a parking lot in the area of Hugel Avenue and Simcoe Road 93. The officer spoke with the driver and noticed signs of impairment by alcohol. The individual was arrested and transported to detachment to provide breath samples.

As a result of this investigation, Isaiah WINBERG, 26 years of Oshawa was charged with the following offences contrary to the Criminal Code

- Operation while Impaired
- Operation with a Blood Alcohol Concentration 80 plus
- Fail to Comply with Probation Order

The accused was released from custody to appear before the Ontario Court of Justice in Midland on March 2, 2023

When charged with impaired driving, the drivers license of the accused is suspended for 90 days and the vehicle they were operating is impounded for 7 days.

The OPP reminds motorists to plan ahead and to use a designated driver, cab, public transit, or stay overnight. Any amount of alcohol or drugs can impact your ability to make sound judgements. Enforcement and education is essential to save lives and reduce injuries on our trails, roadways and waterways.

Tay Township Collision Sends Four to Hospital

(TAY TOWNSHIP, ON) A motor vehicle collision has sent four people to hospital, including one person with injuries requiring transport to a Toronto-area hospital via ORNGE air ambulance.

On February 19, 2023 just before 6 p.m., members of the Southern Georgian Bay detachment of the Ontario Provincial Police along with the Tay Township Fire Department and Simcoe County Paramedics attended the intersection of Hogg Valley Road and Rumney Road in Tay Township for a report of a two vehicle collision. Both involved vehicles left the roadway as a result of the collision, all involved parties were transported to hospital.

No charges have been laid at this time.

HURONIA WEST OPP INVESTIGATING SERIOUS COLLISION ON RIVER RD W

(HURONIA WEST, ON) - The Huronia West OPP are investigating a serious head-on collision that occurred on River Rd W in Wasaga Beach.

On Saturday, February 18, 2022, at 5:27 p.m., members of the Huronia west Detachment of the Ontario Provincial Police (OPP) responded to a head-on collision on River Rd West, between O'Dell Gate and Silver Birch Avenue. One of the involved drivers sustained serious injuries as a result of the collision.

The roadway was closed in both directions for several hours while OPP Technical Collision Investigators conducted their investigation.

The investigation is ongoing, and an update will be provided as information becomes available.

The Huronia West OPP are encouraging anyone with information regarding this incident to call their nearest OPP detachment at 1-888-310-1122.

Should you wish to remain anonymous, you may call the Peterborough/Northumberland Crime Stoppers at 1-800-222-8477 (TIPS) where you may be eligible for a cash reward of up to \$2,000 and not have to appear in court. You can also submit information online at [www.crimestopperssdm.com](http://www.crimestopperssdm.com).



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## Embrace Equity ... Imagine a Gender Equal World

### Women & Children's Shelter of Barrie to Host In-Person Luncheon for International Women's Day

Barrie, Ontario, Thursday, February 16th, 2023 – Women & Children's Shelter of Barrie is thrilled to be able to host a live, in-person International Women's Day (IWD) Luncheon on Wednesday, March 8th.

Presenting sponsor, Barrie Chrysler Dodge, Jeep Ram & 400 Chrysler will also host the annual Women's Empowerment Luncheon at their beautiful showroom at 395 Dunlop Street West in Barrie.

The theme for IWD is Embrace Equity. Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that is diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #EmbraceEquity.

Executive Director for the Women and Children's Shelter, Teresa MacLennan says "we can all challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion. Collective activism is what drives change. From grassroots action to wide-scale momentum, we can all embrace equity. Everyone everywhere can play a part. Together, we can all forge positive change."

Proceeds will directly help women and children in the community recover and rebuild their lives after fleeing violence through many programs, counseling and of course, safe and affordable housing.

The Empowerment Luncheon is on Wednesday, March 8, 2022 from 11:00 am – 1:00 pm with

the keynote beginning at twelve thirty. Tickets and more info is at here. Celebrate the day with a #EmbraceEquity picture on your social feeds! The day will feature a vendor fair, silent auction, a catered lunch featuring an eight-foot charcuterie board and grazing table. The guest speaker will be Jayne Pritchard, formerly of CTV Barrie and now author to best selling book, Breast Cancer After the Diagnosis.

#### About Jayne Pritchard

Jayne spent nearly 40 years in broadcasting and became a trusted and familiar face on CTV Barrie, before retiring in 2022. For the past eleven years Jayne has been a Registered Nutritional Counsellor, and for more than a year, a Reiki Master. Her book, 'Breast Cancer after the Diagnosis', shares what Jayne went through over a three-year period of emotional difficulties, including several setbacks. It includes the alternative therapies that Jayne sought out, as well as important supplements, and her Top 10 Health and Wellness Tips.

#### About International Women's Day

IWD provides an important moment to highlight commitment to women's equality, launch new initiatives and action, celebrate women's achievements, raise awareness, and highlight gender parity gains and more. The day is celebrated and supported globally by industry, governments, educational institutions, community groups, professional associations, women's networks, charities and non-profit bodies, the media and more. Collectively every person and all groups can make a

difference within their sphere of influence by taking concrete action to help build a more gender equal world. From small powerful grassroots gatherings to large-scale conference and events - International Women's Day is celebrated everywhere. It's a big day for inspiration and change.

About the Women & Children's Shelter of Barrie

The Women & Children's Shelter of Barrie has been providing shelter and support services to abused women and children since 1981. The agency consists of a 27-bed crisis shelter along with Outreach services onsite. Approximately 1,000 women and children are assisted by the agency annually. In addition to shelter, staff provide individual and group counselling, legal information and support, court support, information about violence against women, referrals to other community and social services, and public education in the community. The Women & Children's Shelter of Barrie provides a safe refuge and emergency support services for abused women and their children in its commitment to end the cycle of violence. For more information, please visit: [www.barrieshelter.com](http://www.barrieshelter.com). Connect with us on Social Media! [facebook.com/WCSBarrie](https://facebook.com/WCSBarrie), Twitter @Barrieshelter, Insta @WCS Barrie

For further information contact: Deb James, Women & Children's Shelter of Barrie 705 817 1189 or [deb@barrieshelter.com](mailto:deb@barrieshelter.com), #EmbraceEquity

### Under The Glass

*Under the glass is a column by Mr David Kai for VMLC. David Kai is a published author nationally, a TV and radio commentator on investments, asset classes, collector and investment markets.*

#### Believe it or not , its all about colour

Car guys have a really interesting statement about vehicles! They say its retail red...translation. It will sell fairly easily because of its colour. There is a psychology of colours when marketing a product service or shape. You as a individual, are as differentiated as the marketing and images you see and have been exposed too. Many of your preferences have been instilled in you by branding marketing, reinforcing messages and media, that specifically use colour psychology as a tool. You are not as individualized as you think and your style, which may not be mainstream, is more than likely been established in a boardroom by a designer some where years before you react to it.

Why is this important? Desirability is subtly manipulated to create sales of new product. Investors need to look at why an item object or thing will increase or fall in value in the future. You also must be prepared to deal with media created seasonality. The media brings out a new movie, suddenly all things related to that movie, specifically, cards, comics, posters, images, records, and signatures, go up in value if the stimulation of the market continues.

As a collector who wants to become an investor, looking for transitional growth items to put in their collection, and get paid at the end of the exercise, hear this... Time frames are circumstantial, reactive and ultimately most assets will decay in value at some time if nothing is done. During that transition, there is much money to be made taking advantage of the currents and eddies, the swings of public opinion ,and current colour technology.

Colours come and go, yet items which display those colours become inherently more desirable, more valuable by default, circumstantially and occasionally.

Here's where difficulty starts. In art, fabric and paint, and other media, certain desirable colours fade over time. Certain media does not hold against age as well as alternate forms of display. Colourfast technologies were not invented long ago, therefore a perfectly preserved piece, which, due to circumstance, humidity, storage, care and keeping, maintains its original lustres and depth of colours will be much more desirable than the same identical piece with poor colour maintenance.

Pay attention to where and how your items are displayed. Sunlight will devalue, but keeping it in a box unseen will give you no pleasure. That's why many treasures are displayed in dark humidity controlled environments. If you cannot store it properly you are wiser to dispose of it, and make someone else happy!



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What Is This Plant?



Submitted by Linda Belcourt, Editor/Owner Springwater News  
February 27, 2023 - COSTA RICA- This plant was found on the Finca las Frambuesas, Concepcion de San Isidro, Heredia Province, Costa Rica while the editor/owner of the Springwater News was working in Costa Rica. A most curious plant that deserved research. The seeds are found inside the pods, shown above.  
Our host, Maria Fernanda Gil, brought this beautiful decoration of the magical seeds, shown below, to the Springwater remote office, to bring me luck and good health.



Maria is a professional landscape designer and told me all about the plant. The “Raspbery Farm” is the English translation for the address of the AirBnB the editor is staying at. The landscaping is absolutely amazing with 7 acres of fauna to explore.  
The beautiful seeds of Mucuna urens, also known as ‘Ojo de Buey’ in Columbia, are used as talisman in traditional ornaments. The buckeye is a powerful good luck charm, with special powers. You can reach into your pocket and rub it or twirl it between your  
**Photo below: The grounds of where this plant was found on Finca las Frambuesas, Concepcion de San Isidro, Heredia Province, Costa Rica.**  
*Photo by Linda Belcourt*



fingers for good luck.  
The outside of the seed pod has hairs that you do not want to touch. The seeds inside are thought to be magical. So far the internet is faster here than at home and I have not been sick or sun burnt. The Black Widow spider did not bite me. Works for me!



**THE TECHNICAL FACTS**  
Mucuna pruriens (Fabaceae) is an established herbal drug used for the management of male infertility, nervous disorders, and also as an aphrodisiac. It has been shown that its seeds are potentially of substantial medicinal importance. The ancient Indian medical system, Ayurveda, traditionally used M. pruriens, even to treat such things as Parkinson’s disease. M. pruriens has been shown to have anti-parkinson and neuroprotective effects, which may be related to its anti-oxidant activity. In addition, anti-oxidant activity of M. pruriens has been also demonstrated in vitro by its ability to scavenge DPPH radicals and reactive oxygen species. In this review the medicinal properties of M. pruriens are summarized, taking in consideration the studies that have used the seeds extracts and the leaves extracts. *Source: National Library of Medicines <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942911/>*  
It is a woody climbing plant. With elliptic leaflets, blackish when dry, glossy, hairless, 8-16 cm, abruptly and briefly pointed. Peduncles very long and pendulous, the flowers 1-3 together towards the apex. Purple flowers. Calyx with a 10-12 mm tube, truncated, toothed, the upper tooth emarginated, the sides close to the lower one longer and 4 mm. Banner 3-4 cm, very wide and almost as long as the wings, the keel a little longer. Legume 12-23 cm and up to 5 cm wide, with pungent hairs, with 2 narrow wings on the upper edge and numerous oblique ribs. Seeds rounded, 3 cm in diameter or more.  
Some of the Common names: liana of jairael, bull’s eye. *Source: [https://es.wikipedia.org/wiki/Mucuna\\_urens](https://es.wikipedia.org/wiki/Mucuna_urens)*



There is a flyer box at the corner of Belmont and St. Vincent in Midhurst that has been sitting empty for 2+ years. I’ve just filled it with books for all ages and re purposed it as a “little library”. Please feel free to help yourself!  
*Submitted by Brienne Juniper*

**If anyone is interested in building a box like this for the betterment of our community, please contact the Springwater News.**

ENGAGEMENT

**Arnold & Sandy McAuley** are thrilled to announce the engagement of their daughter **Sarah to Thomas Graham** of Kamloops BC.



The couple will be married in the Revelstoke area on June 24th.  
There will be a **Buck & Doe** for the couple at the Elmvale Community Hall on **Saturday, March 11th** at 8pm for anyone wanting to wish them well.

THANK YOU

**FORBES, Murray Richard**  
**July 30, 1928 – July 26, 2022**  
Thank you everyone for your acts of kindness and thoughts, and to those who helped at the time of passing of my beloved Murray.  
A very difficult time in our journey of life. Thank you to many neighbours, friends, Rev. Will Haughton, and church helpers, our loved ones, and many relatives for helping to ease my life.  
Thank you hardly seems enough.  
*Eva*

**The family of the late Shirley Watson wish to express our appreciation for the support and sympathy we received after the loss of Shirley.**  
Thank you to the staff at Sara Vista Nursing Home for your care of Shirley, the staff at Lynn-Stone Funeral Home for your assistance with the funeral arrangements and Reverend David Howes and the volunteers at St John’s United Church for the service and the lunch.

**A BIG THANK YOU from Marion Clute**  
I am so overwhelmed! I never expected my “birthday card” party to celebrate my 100th birthday to be so rewarding. I received 231 cards and I am re-reading several each day and am enjoying all the warm messages. I will re-read them again and again, thinking of each person who sent one. Thank you so much for making my birthday so wonderful.  
**Sincerely, Marion Clute**

We would like to send our sincere thanks to our family, friends and community for their support during our loss of our dear husband, Dad and Grampa Mike. The food, cards, flowers and donations has been greatly appreciated. Special thanks to the Doctors and staff of RVH, Lynn Stone Funeral Home. Rev Don Scott for the moving service and Foodland for providing the luncheon and Liz Hill for her help. We are very fortunate to live in a caring and compassionate community,  
**Marj Conn and Family**

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## Obituaries

### RAIKES, (Mary) Janet

March 28, 1925 - January 15, 2023



To family and friends,

“Aunt Jay” lived a remarkable life. Always interesting, caring, knowledgeable & engaging, she never wanted to be a burden and always thought of everyone else.

Janet was born and spent her pre-high school years in Foleyet Ontario, a Rail access only community south of Timmins. With her sister Betty Andrews, they knew -40 deg+ winters but loved their animals, including sled dogs, skiing and skating. Growing up surrounded by the pristine nature led Janet to being an early pioneer Environmentalist. After attending High School in Milton with Uncle Dick and Aunt Hattie McDuffie, Janet become a registered nurse through Toronto General Hospital’s program. Driven by a thirst for learning and a talent for engaging admissions staff, she entered into the University of Toronto where she graduated in 1952 with a Bachelor’s of Science in Nursing. Her compassion for disadvantaged peoples, led Janet to the W.H.O. where she was charged with establishing nursing schools in under-developed countries. This took her to remote areas such as Borneo, Ceylon, the Congo and the Sudan in the 1950s.

After falling in love, in 1958, she married her true love Bobby Raikes, a Walsh Hydrological Engineer. They moved to Colonna, Italy on the Alban Hills outside Rome. From this base, they could pursue their avid interest in Middle Eastern Archeology as well as Uncle Bobby’s Engineering Consulting business in the Middle East. They became great friends with Sir Mortimer Wheeler, recognized as one of Britain’s most important 20th century archaeologists. Janet and Bobby spent many “Digs” throughout the Middle East and Pakistan, in which they had a particular interest. Bobby co-authored several papers with Sir Mortimer. Janet could speak fluent Italian and studied Italian and Etruscan history. Never a better guide could one have to tour current and ancient Italy.

After retirement Janet and Bobby moved to Wales where Bobby was born. They spent 8 years of catching up with family, friends and Ex-Pats from their years abroad. After Uncle Bobby passed in 1991, Janet moved back to Canada to be with her sister Betty and her family. She settled in the Wasaga Beach area and was a life-time member of the Bayshore Senior’s Club on Woodland Beach. Janet died quietly after a brief stay at the Campbell House Hospice in Collingwood. She was an avid reader to the end (a book a day) having read everything in the local libraries. She will be missed by everyone that she touched.

Janet leaves behind her step children, Tessa King-Farlow (Charles), Robert Raikes, Philip Raikes (d), nephew Rob Andrews (Robin) and niece June Sleigh plus many grandchildren and grand nephew/nieces.

*A celebration of life will be scheduled at a later date at the Bayshore Seniors in Woodland Beach.*



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## Obituaries



### MURRAY, James David

August 7, 1949 – February 17, 2023

At the Simcoe Hospice on February 17, 2023 James David (Jim) Murray in his 74th year. Predeceased by his parents Margaret Murray (1999) and Gordon Murray (2000). Left

to mourn his passing is Patricia, her sons David (Jane) and Daniel (Tamara) and her grandson Randall (Kourtney) and great-grandson Asher, along with his brothers Donald, Ronald (Theresa) and pre-deceased by his sister Connie (Ken) Brown. He leaves his nephews Tim Brown, Jason Murray and Derek Kearney and his nieces Tammy Vaters, Melissa Rowsell, Amanda Murray, Tammy Grant, Deidre McCloskey and was great-uncle to their children.

The family will receive their friends at the Lynn-Stone Funeral Home, 15 Yonge Street South, Elmvale (705) 322-2732 Wednesday, 2-4 pm and 6-8 pm and on Thursday from 12 noon until the time of the funeral service in the chapel at 1 pm. Refreshments will be served immediately following the funeral at the Elmvale Legion Hall, 7 John Street, Elmvale.

If desired, memorial donations may be made to the Simcoe Hospice, 336 Penetanguishene Road, Barrie ON ([hospicesimcoe.ca](http://hospicesimcoe.ca)) or the Canadian Cancer Society ([cancer.ca/en/donate](http://cancer.ca/en/donate)).

*Messages may be sent to the family at [www.lynnstonefuneralhome.com](http://www.lynnstonefuneralhome.com)*



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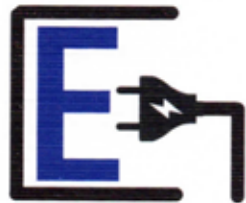
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Springwater News Found in Manuel Antonio, Costa Rica



Photo above (L-R): Christel and Jack host Springwater Reporter, Brian Belcourt and Springwater News Editor/Owner, Linda Belcourt, in Manuel Antonio, Costa Rica during the time off between editions. Photo submitted by Linda Belcourt.



Springwater News Also Found in Finca las Frambuesas, Conception de San Isidro, Heredia Province, Costa Rica



Photo above: Maria Fernanda Gil, Landscape Professional and AirBNB host of the remote office for the last two editions of the Springwater News. There are no address in Costa Rica and the address is translated as “Raspberry Farm”. Photo submitted by Linda Belcourt.

Send in your travel photos showing the Springwater News Paper.  
Email: Info@SpringwaterNews.ca

Views from the Cottage by Melanie Martyn



IT’S JUST AN OPINION...

March 1, 2023 - But it’s mine, all mine and I’m still allowed to have it, for now. I grew up listening to all sorts of opinions in my household. Mom was very politically minded and my dad, because he was a man, was always wrong, lol. If a man is standing all by himself, in the middle of the forest and he has an opinion, is he still wrong? Ok, that is an old joke but a good one! The discussions they would have would often heat up and the only way my mother could win was to cite ‘statistics’ that were often ‘out of thin air’ and totally unfounded. It did, however, end the discussion as in those days, you couldn’t google your way to the truth.

Can you google the truth? How much information ‘out there’ is actually the truth? I would like to think the majority of information you find on the internet is factual but in the end, how much of it is ‘opinion based’? If the opinions are all based on what the writer has access to, information wise, how credible is that opinion? Are we viewing information that is purposely skewed to manipulate our perspectives? Often, people will use the ‘fact checkers’ to discern validity but who owns the fact checkers? So much to consider....

I do believe you have to take everything anyone has to say ‘with a grain of salt’. Where did they get their information and how credible was that source? At any rate, I believe we are all entitled to our own opinions and like to think we will be able to voice them without fear of recrimination or assault. This leads me to the continuing tale of my trip to Acapulco.

My trip was a last-minute plan to attend an unconventional convention of sorts where everyone could voice their opinion on a myriad of subjects but primarily the theme was freedom. There were presenters and speakers that covered everything happening in our world today as well as workshops on self-sustainability and calls to action to take home to our own communities.

Attendees were from around the globe and it was so satisfying to be able to have open discussions on

everything happening in the last couple of years. I was able to speak with many well known podcasters and even met the retired Senator Ron Paul who had much to say about the state of the ‘States’. Speakers such as Del Bigtree, Max Igan and Dr. Carrie Medej were highlights of the conference. My interest was really captured by the speakers who were able to broaden my perspective on the likes of Bitcoin and other digitally held currencies. Sitting down for a cerveza with Dan Dicks, a well-known Canadian podcaster, was eye-opening and weren’t we surprised to find out we had attended the same high-school in Shelburne, Ontario! Small, small world!

My biggest fear is that we are becoming a world of ‘opinions unwelcome’ and ‘no privacy allowed’. The level of tracking and surveillance is feeling palpable on so many different levels. I don’t even mind if we have to keep our opinions to ourselves but please let us have them. Let us continue to have the right to search out all the information in order to form them.



My cell phone died an unnatural death last week. Yes, I was lost without it. I drowned it by accident in a sink full of almost clean dishes. Maybe this was an unconscious grasp at finding freedom from the device. It tracks my every call, purchase, location, and calendar of movements. Today, it is my choice to use it for convenience and it provides many benefits. With the ‘coming soon’ identity capture, will I have to wear it like a licence to proceed with ‘business as usual’. Will my personal opinions and actions lead to a low social credit score as it presently does in China? Is big brother watching everything? How silly I thought to myself as I walked over to the Rogers store to get my replacement phone. Hmmmm...their doors were locked. I heard a voice over an intercom telling me: “You just have to look up at the camera ma’am and then I can let you in.” I didn’t smile as I looked up at the camera...

Elmvale’s Own, Dayna Reid, Finalist in Sirius XM Top of the Country Competition



On February 28, 2023 eight hopeful semi-finalists were announced in SiriusXM’s fifth annual Top of the Country Competition in partnership with the Canadian Country Music Association® (CCMA). The public vote has officially opened, with the semi-finalists eager to show Canada what they’re made of in a fight to the finish line.

Included in these eight excited semi-finalists is Elmvalle, Ontario local Dayna Reid. Excited and ready to share their talent, Dayna is set to record an original track in studio to be shared with the public, eager to vote for their favourite artists. With exciting industry mentorship opportunities, a song writing trip to Nashville and performances at major events on the line, Dayna is sure to be in for a once in a lifetime experience. More to come in Springwater News.

Submitted by Katheen Bennett - February 28, 2023

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